

**Former Tory MP skeptical of Crown share deal**



**Foods that help the body heal**



## Youth charged in gas-and-dash

**INJURED** A Grand Lake teenager has been charged with a gas-and-dash that injured a Stewiacke gas station employee. Cpl. Sharon Sisson of the Colchester RCMP said the youth is a 17-year-old boy. He is facing charges of dangerous operation of a motor vehicle causing bodily harm, failure to stop or remain at an accident and theft under \$5,000. The incident happened on June 30 at the Ultramar near Exit 11 of Highway 102 in Stewiacke. The employee's foot was run over but the clerk was able to get the licence plate as the car left the lot. The youth is to appear in Shubenacadie youth court on Aug. 25.

THE TRURO DAILY NEWS

## RCMP identify car crash victim

**CAPE BRETON** Police have identified a 34-year-old woman who died in a single-vehicle crash over the weekend. Darlene Gillis, a resident of Belle Cote, was pronounced dead shortly after RCMP officers arrived on the scene of the accident at approximately 10:45 p.m. Saturday on the Scotsville Road in Scotsville, Inverness County. Gillis was the driver of a 2002 Chevrolet Cavalier that left the road and rolled over into some trees. Three passengers in their 30s and early 40s were treated at Inverness Hospital for minor injuries and were later released. Road conditions were clear at the time of the accident and alcohol is not believed to be a factor in the crash.

THE CAPE BRETON POST

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## Protesters rally against racism

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**Olympians steer clear of politics**

## Celeb buzz page 18

**Kidman won't sell baby photos**

# Flight attendants rally against cuts

Union wants to see Air Canada study used for layoff strategy

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**Usually so serene, flight attendants showed another emotion yesterday: Their anger.**

Nearly 200 Air Canada flight attendants who will be laid off in November, along with their supporters, held a rally at the airport yesterday.

"Air Canada, what you're doing is wrong and it lacks fundamentally good business sense," said Lisa Vivian Anthony, a union representative, at a press conference before the rally.

Air Canada announced last week it is closing flight attendant bases in Halifax and Winnipeg as part of its plan to lay off 2,000 positions.

She said it will cost the company \$3 million a year to layover crews from Toronto and Montreal.

"Instead, you could use Halifax people who would be off the clock as soon as the airplane lands, and they could tuck their kids into their own beds. Where is the logic in this?"

Anthony and Canadian Union of Public Employees president Paul Moist want Air Canada to hand over the study it used to determine its layoff strategy.

Moist also demanded Mayor Peter Kelly and Premier Rodney MacDonald speak up on the issue.

"We're going to fight these cuts every inch of the way," Moist said.

Air Canada asked federal Labour Minister Jean-Pierre Blackburn for an exemption to the Labour Code in dealing with massive layoffs, including the creation of a mitigation committee. The minister has two weeks left to render a decision.

MP Peter Stoffer said he's heading to Ottawa today to meet with Blackburn's staff.

The exemption "is something that cannot be authorized by this government," Stoffer said.

But an Air Canada spokeswoman said it already has a clause to create a mitigation committee under the



More than 200 people attend a rally in a parking lot at the Halifax airport yesterday for flight attendants who will be laid off in November when Air Canada closes its Halifax flight attendant base.

collective agreement. Isabelle Arthur said Air Canada applied for an exemption to avoid duplication

and speed up the process.

Arthur wouldn't speak to what the union is calling the "secret

study," or if Air Canada is planning to release it.

**MORE COVERAGE, PG. 2**

Hikers in Queens County can get to know their surroundings a little better at the newly opened Trailhead building at Tomas Raddall Provincial Park. The building, officially opened Saturday, features a woodstove, power, and projection screen, along with information on all the park's trails. **METRO HALIFAX**

# Local



## Video contest on democracy

Democracy 250 and the non-partisan group Apathy is Boring are sponsoring a contest: make a 30-second to three-minute video about the next 250 years of democracy. The prize is the chance to show your video to the Governor General and get backstage passes to the Rockin' in the Free World concert. For details, visit [www.apathyisboring.com](http://www.apathyisboring.com). **METRO HALIFAX**



Sir Elton John is slated to play two concerts in Halifax in September.

## Rush to see Rocket Man yet to hit full throttle

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**CONCERT** Yesterday's double Elton John concert announcements haven't resulted in a rush on Halifax hotel rooms, said David Clark.

"There has only been a slight increase," said the general manager of the Lord Nelson Hotel. "Normally, this far out, we wouldn't get that many calls. There was about a half dozen calls for those dates."

Still, a few say that is no guarantee local hotels will be available when the knighted singer performs at the Halifax Metro Centre on Sept. 26 and 27.

"The city is certainly busy at that time of year. Many of the hotels are probably already close to sold-out for those dates because it is a good month for conventions," said Clark. "We will see what happens when tickets go on sale."

As Metro Halifax reported this winter, tickets to the concert had already been sold prior to an official announcement John would perform at the Metro Centre.

During the David Foster Crescendo fundraiser in March, a package to see and meet the knighted singer – along with tickets to Keith Urban and Jerry Seinfeld – went for \$15,000.

### ticket prices

Regular tickets for the concert are going for \$99.50 to \$149.50 and will be on sale this Friday at 9 a.m. at Ticket Atlantic.

# Airline 'threw curve ball'

## Twelve Air Canada employees laid off after only 2 months on job

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**Twelve flight attendants were hired two months before they were given notice they'll be laid off in November.**

Stephanie Tupper got just a taste of the job before the layoff notice arrived last week. Tupper was hired along with 11 others on May 8.

She moved to Halifax with her family over a year ago and hoped this job would give them the stability they needed.

"Air Canada threw a curve ball," she said.

"We're trying to get established and stay in Nova Scotia and it's proving to be very difficult."

She thought she could be laid off for a time given the state of the industry, but never imagined the entire flight attendant base would be closed.

The union vowed to fight and reverse the cutbacks, and Tupper said she's hopeful. She's going to wait and see what happens before making any decisions on her career or moving her



Paul Moist, president of the Canadian Union of Public Employees, revs up the crowd at a rally in support of Air Canada flight attendants in an airport parking lot yesterday.

family.

"Everybody is pulling together really well and we feel Air Canada doesn't have a valid reason to close."

After a flight into Calgary last week, Angela Cross checked into her hotel room. She found her layoff notice slipped under

the door.

"It still is a huge shock. I can't believe it's actually happening," Cross said. "To go through the training in

Montreal and be away from their families only to find out they're losing their jobs weeks later was hard to take," she said.

# Search on for beating suspects

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A 20-year-old man was severely beaten and robbed on a Cole Harbour path-way early Monday morning, leaving police looking for three suspects.

An off-duty patrol officer first saw the victim walking with difficulty in front of Cole Harbour Place. The man was suffering from head injuries and scrapes all over his body.

He told the officer three men had just attacked him and robbed him of jewelry and a cellphone in a nearby path linking Forest Hills and Havelock Crescent.

The victim was sent to hospital to treat his injuries. As of yesterday afternoon police were still waiting for the victim to recover before conducting



The Cole Harbour path where a man was assaulted early Monday morning.

a full interview, but RCMP spokesman Cpl. Joe Taplin said the attack is believed to be random.

"We believe so, but we're waiting to talk to the victim again," said Taplin. "We talked to him briefly

last night, now we're waiting to re-interview him."

The path itself is short and lit by a street light on Havelock Crescent. One neighbour whose yard overlooks the path said she hadn't heard any sounds that

night and the path was not known as being a dangerous spot.

Last year a nearby path on the other side of Cole Harbour place was altered to be wider and better lit due to similar attacks.

### News in brief

**CIVIC CENTRE** Construction of a new regional civic centre for Colchester County could get underway as early as next spring, if all goes as planned. That was the hopeful prospect that arose Friday morning following the signing of a memorandum of understanding between the Town of Truro and the County of Colchester. **METRO HALIFAX**

**BREAK-IN** Police are investigating a break-in to the Amherst Centre Mall that resulted in the theft of what could be a substantial amount of jewelry from Charm Diamond Centre. **METRO HALIFAX**

**ARRESTED** New Minas RCMP have confirmed that a New Minas boy arrested last Friday is related to the flashing incidents in previous weeks. After several calls were received of a young male flashing females parked in the County Fair Mall parking lot, police tracked down the local boy. **METRO HALIFAX**

**Halifax to get white-glove treatment**

Two Communities in Bloom judges will visit Halifax on Thursday and Friday to evaluate landscaping, tidiness, environmental awareness, floral displays, heritage conservation and community involvement. Results will be announced in September. **METRO HALIFAX**

# Alleged victim's father says racial profiling behind fight

RCMP spokesman says a 'Criminal Code investigation' is being conducted

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Protesters gathered at the Digby RCMP detachment yesterday to voice their displeasure over an alleged racial incident between police and two black men.

The rain was at times heavy, and so was the message.

Rev. Michael Alden Fells of Digby's Bethel Baptist Church quoted Martin Luther King's "I have a dream" speech that children "will not be judged by the colour of their skin but by the content of their character."

Fells spoke yesterday at a protest in front of the Digby RCMP detachment and told fellow protesters and reporters that black people are the subjects of both racism and racial profiling by police officers.

"It's happening in Canada, and it's happening in Nova Scotia, and it's happening in Digby," he said.

Fells referred to a June 22 incident when a group of off-duty police officers



Rev. Michael Alden Fells, wearing a the white shirt, leads a protest march from Bethel Baptist Church to RCMP headquarters yesterday in Digby.

allegedly hurled racial slurs at and provoked a fight with two young, black Digby men.

The RCMP are investigating the incident, as well as Halifax Regional Police and New Glasgow Police because officers from their detachments were reportedly involved.

Fells, the father of Nathaniel Fells, 19, one of the young men allegedly

victimized, led a group of a couple of dozen people from the black community, protesting the treatment by police.

He told reporters he was demanding the RCMP conduct an independent review of the incident.

Cpl. Joe Taplin, spokesman for the RCMP, said the investigation was never internal to begin with.

"We're conducting a

Criminal Code investigation by Southwest Nova Major Crime," he said after the protest.

"They have no station in Digby, so it's an independent investigation on our part."

He said he's not sure what Fells is looking for when requesting an "independent" review.

WITH FILES FROM JEANNE WHITEHEAD  
FOR METRO HALIFAX

Police presence at incident upsetting, black leader says

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**RACE RELATIONS** Rev. Rhonda Britton of the Cornwallis Street Baptist Church said she was upset to learn that Halifax police were present at a scuffle in Digby that may have involved racial insults.

Britton, a leader in Halifax's black community, said they've been working for years to improve relations between members of the community and police.

"These things, they kind of fester under the surface," she said yesterday. "And it seems that when you are about to get a wound healed over, then something else erupts and it just pulls the scab right back off."

Last week, Halifax Regional Police began an internal investigation into what part a few of their police officers may have played in an altercation between a group of off-duty police officers and two young black men outside a Digby bar.

Nathaniel Fells, 19, and William Drummond, 20, allege the off-duty officers insulted them with racial slurs and provoked a fight on the night of June 22.

The incident ended with one Halifax officer in hospital after being knocked out

**"It seems that when you are about to get a wound healed over, something else erupts."**

Rev. Rhonda Britton

and Drummond in custody after being shocked with a Taser by Digby RCMP.

Jeff Carr, spokesman for the Halifax Regional Police, said it's been confirmed that a handful of Halifax officers were present at the time of the scuffle, but their role in the fight is still unclear. "We don't know if any of our members acted inappropriately," he said yesterday. "It wouldn't be fair to speculate."

Britton said she hasn't heard murmurings from the black community about the Digby dust-up and Halifax police, but she's not sure how long that will last.

"I'm sure there's still some fallout that maybe we haven't quite heard about yet," she said.

Carr said the police force won't risk the work it's done to improve race relations in the past several years over this incident.

"If any of our members acted in an inappropriate manner, it will certainly be addressed and they will be disciplined," he said.

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Alan Miciak, former head of the Sobey School of Business at Saint Mary's University, has been named one of the 100 most influential people in finance by Treasury & Risk magazine. Miciak is dean of the Palumbo Donohue School of Business in Pittsburgh. **METRO HALIFAX**

Casey says he won't run again for Tories

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**FEDERAL POLITICS** Although the Crown share dispute has been resolved — for now — former Tory MP Bill Casey said it's not likely he'll be welcomed back into the Conservative caucus.

First of all, he said, Prime Minister Stephen Harper said very clearly on Oct. 10, 2007, that a new candidate will run in Casey's riding.

Secondly, Casey said, his own principles will keep him away.

"I won't even talk about going back until they honour the Atlantic Accord exactly how it was negotiated by John Hamm in 2005," he said.

A spokesman for chief Government whip Jay Hill said yesterday Casey will not be asked back to represent the Tories.

"There's no change in our position: Mr. Casey voted against the government's budget which means he voted non-confidence in the government," said Yaroslav Baran in an interview.

## Former Tory not sure Crown deal is for real

Independent MP says Harper government can 'change direction'

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**Bill Casey is still skeptical about the Crown share deal. The former Conservative MP is not convinced the \$867 million announced Sunday will come to fruition.**

"It's my job now to ensure that they (the federal government) honour this deal," he said yesterday.

Judging from experience, Prime Minister Stephen Harper's government is not so good at keeping its word, he said.

"If the Harper government doesn't like something, they don't hesitate to change direction," he said.

Defence Minister Peter MacKay's press secretary said yesterday that the Nova Scotia MP's announcement on the Halifax waterfront Sunday was on behalf of the federal govern-

ment and the province will receive the total amount agreed upon.

"It's in writing," said Amanda Dean.

After MacKay and Premier Rodney MacDonald announced in Halifax that Nova Scotia would receive \$867 million over the next 15 years in Crown share payments, beginning with \$234.4 million, some lauded Casey for his part in bringing the cash to the province.

NDP Leader Darrell Dexter said the "elephant on the wharf" was the lack of acknowledgement of Casey's hard work.

Last Oct. 10, Harper publicly denounced Casey, saying he was no longer part of the Tory caucus after he voted against the 2007 federal budget because it didn't include Nova Scotia's

**\$867** Number of millions Nova Scotia will get over the next 15 years in the Crown share deal.

**"It's now my job to ensure that they honour this deal."**

Bill Casey

original Atlantic Accord agreement.

Casey said Harper agreed to work out the Crown share deal that's been in dispute since 1986, basically to placate Nova Scotians upset about the lost accord.

"They weren't given a lot of choice but to try to find something to overcome this," Casey said.

But the Crown share deal and the Atlantic Accord are still two separate issues and Nova Scotians should not forget that, he said.

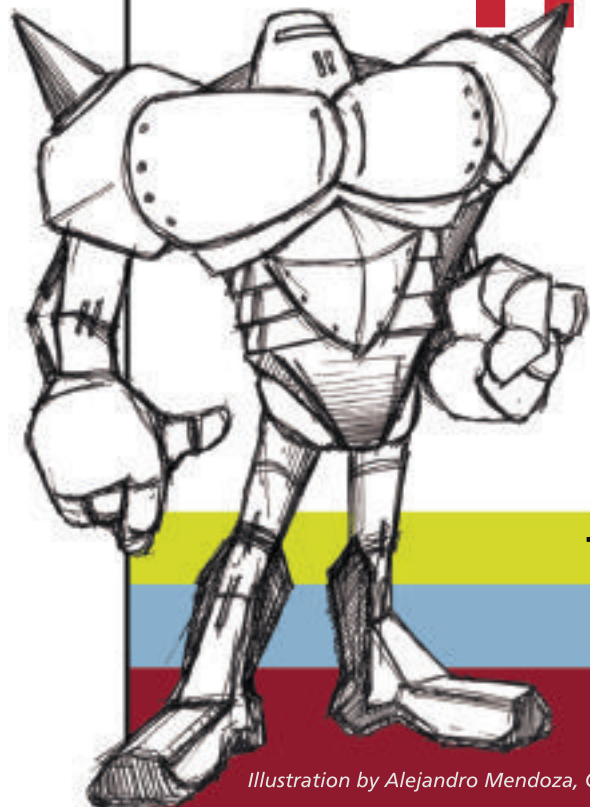
The now independent member for Cumberland Colchester Musquodoboit Valley said he'll make it his business to ensure the Crown share agreement is honoured.

## Fundraiser Big Bike month



Jane Farquharson, left, and MLA Joan Massey try out the Heart and Stroke Foundation's Big Bike before the fundraiser at Sackville Landing yesterday. They raised \$31,000 as the kick off to 29 days of provincial Heart and Stroke Big Bike events.

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Illustration by Alejandro Mendoza, Graduate 2006

**Boudreau hearing delayed**

Penny Boudreau, charged with the first-degree murder of her 12-year-old daughter, Karissa, won't be back in court until Sept. 3. Crown and defence lawyers discussed the evidence last week and opted to delay a hearing scheduled for today. **METRO HALIFAX**

# Winds of change for beachgoers

Breeze from oceans can drastically affect water temperature off coast of Nova Scotia

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**You never know what you're going to get when you hit the beach in Nova Scotia: Frigid water that induces a full body ice-cream headache, or a milky-warm sea reminiscent of kiddie pools.**

Exactly why swimming is palatable off some beaches and downright torturous off others isn't an exact science, but Nova Scotia Lifeguard Service executive director Paul D'Eon says ocean temperatures depend mostly on the wind.

"When I see the wind blowing inland, I say, 'The water's going to be warm,' and when the wind is blowing off the land, the water is going to be cold."

Inshore winds bring warm surface water to shore. Offshore winds push warm surface water out to sea and carry the colder, bottom water into the shoreline.

Another factor is geography. Beaches in St. Margarets Bay, such as Queensland, tend to be warmer because they capture ocean water, whereas the Eastern Shore is more exposed and does not.

As for 18 C waters reported off Queensland Beach yesterday, D'Eon

says that's on the high end of normal for this time of year and may be because of tropical storm Bertha, sitting hundreds of kilometres off Nova

Scotia right now.

"We're probably going to get some warmer water," he said.

Environment Canada meteorologist Bob Ro-

bichaud says Bertha is expected to turn either today or tomorrow toward the northeast and won't pose any threat to Nova Scotia.

## Ocean temps

- Ocean temperature at some beaches yesterday:
- Bayswater — 15 C

- Lawrencetown — 14 C
- Queensland — 18 C
- Rissers — 9 C

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**"When I see the wind blowing inland, I say, 'The water's going to be warm.'"**

Paul D'Eon

## Fight

### 5 arrested in Greenwood bar brawl

**ALTERCATION** Five men were arrested after a large brawl broke out outside a bar in Greenwood.

Kingston RCMP were called shortly after 2 a.m. Sunday and arrived to see a large crowd fighting outside the building.

Five men were arrested at the scene for intoxication in a public place under the Liquor Control Act. They spent the night in jail and were later released.

**METRO HALIFAX**

Fifteen Nova Scotia university students are studying biology and sociology — in China. The students from SMU, Dalhousie and Acadia are looking at how residents of a rural village in the Qinling Mountains interact with the surrounding valley ecosystem. **METRO HALIFAX**



ROB WYJUNG/METRO HALIFAX

## Patients get a choice

### IWK is now offering room-service meals

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**To help reduce waste and give patients more control, the IWK now has a room-service program.**

The IWK Health Centre has gone à la carte.

Patients can now order their meals through room service as part of the hospital's new program aimed at filling bellies with healthier food and reducing waste.

"It's completely different — and a lot better," said Mary Nielsen, who's just over 6 1/2 months pregnant with twins and on strict bed rest at the IWK.

"I think it's good because there's a wide selection. I couldn't eat hardly any of the food here before."

A self-described fussy eater, the 30-year-old from West Pennant says her food often went uneaten last time she was admitted.

"At least I can order what I like and don't like, so I'm not sending back as much waste," said Nielsen, who's fond of the fresh fruit, made-to-order sandwiches, pizza and lasagna.

The hospital launched the Dial for Dining program in early May, replacing its traditional assembly-line style food served at set times.

Now, patients can choose from 45 menu items and call the kitchen anytime between 7:45 a.m. and 6:30 p.m.

IWK food services manager Brenda MacDonald says up to 65 per cent of the 500 meals the hospital prepares each day were going in the garbage. Now, only five per cent is being chucked.

#### Patient faves

Popular IWK snacks, according to food services manager Brenda MacDonald

- Fresh fruit
- Spinach salad
- Stir fries

**"It's completely different — and a lot better."**

IWK Health Centre patient Mary Nielsen

"It's putting a little bit more control back in the patients' hands at a time when you're in the hospital and don't have a lot of control," MacDonald says.

Surprisingly, she says the most popular items are the healthiest: fresh fruit, spinach salad and stir fries.

While Belgian waffles and baked chicken nuggets are a hit among the kids, oven fries, which are on the menu once a week, are not.

MacDonald says the program incurs no extra food or labour costs, and may even eventually reduce expenses.

The IWK is the only hospital in the Maritimes to make the switch and one of only a few in the country with the service.

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## Nova Scotia man fighting tobacco display laws

A Nova Scotia store owner is the first person charged under the province's new laws prohibiting the display of cigarettes. The man argues that cigarettes are a legal product in Canada that generate billions of dollars in tax revenue for governments, and he should be able to display his products. **METRO CANADA**

7

# Canada/World

## Tories deporting first ever U.S. war resister

JEFF HODSON  
Metro Canada



**A 25-year-old tank commander who fled to Canada in 2005 to avoid the U.S. invasion of Iraq will become the first ever war deserter returned home by Canada following a ruling by a Federal Court judge in Vancouver yesterday.**

Robin Long will be deported today after an application to stay his deportation was dismissed by Madame Justice Anne Mac-tavish.

### assessment

Long received a negative pre-removal risk assessment in May, but was not informed of it until July, making it impossible to file an appeal, Ages said.

"This will be the first time Canada has ever played the gendarme for the American military," said Bob Ages, chair of the Vancouver chapter of the War Resisters Support Campaign.

Ages said there are at least 50, but possibly hundreds, of American deserters living in Canada. Mac-tavish ruled yesterday that Long failed to

provide clear and non-speculative evidence that he would suffer "irreparable harm" if deported.

Shepherd Moss, Long's lawyer, had argued Long faced lengthy jail times and could even get the death penalty.

The judge ruled that a death sentence was only a "theoretical possibility" as the last soldier sentenced to death for desertion was during the Second World War.

As well, between 2002 and 2006, 94 per cent of deserters have been dealt with administratively, receiving less than an honourable discharge.

## Cover controversy

Attempt at humour creates an uproar

**This week's New Yorker magazine pokes fun at smears directed at Barack Obama, but the Democratic presidential candidate isn't laughing.**

The cover portrays the Illinois senator in a turban and robe bumping fists with wife Michelle, who sports an Afro, a rifle and military garb. In the background, an American flag burns in the fireplace.

The left-leaning magazine's cover summarizes several smears that have surfaced this year: that Obama is a "secret Muslim" who hates America and his wife harbors a Black Panthers-style enmity toward white society.

Even that fist bump, the modern version of the high five, was described as a "terrorist fist jab" by a Fox News anchor, who later apologized.

The Obama campaign, which has taken aggressive measures to knock down these perceptions, is not amused with the magazine cover.

"The New Yorker may think, as one of their staff explained to us, that their cover is a satirical lampoon of the caricature



The cover of the July 21, 2008 issue of The New Yorker magazine featuring Barack Obama and his wife Michelle. According to the New Yorker, the cover satirizes the use of scare tactics.

Senator Obama's right-wing critics have tried to create. But most readers will see it as tasteless and

offensive. And we agree," spokesman Bill Burton said in a prepared statement. **REUTERS**

## Boreal forest off-limits: Ontario

Land protection largest in Canadian history

**Premier Dalton McGuinty announced yesterday that Ontario will conserve a huge swath of the province's northern wilderness in a bid to protect the region's vast boreal forest, as well as polar bears and other wildlife, and to help fight climate change.**

The plan to protect permanently at least 225,000 square kilometers of the northern forest — an area nearly the size of the United Kingdom — won praise from environmental groups, which said it should serve as an example for other provincial governments.

"We are overjoyed with the announcement," said ForestEthics senior campaigner Gillian McEachern. "This is the largest conservation commitment



Premier Dalton McGuinty announces protection of 225,000 km of the far north boreal region of Ontario to strike a balance between conservation and development.

in Canadian history."

Ontario's boreal region takes up 43 per cent of the province's landmass and its vast forest soaks up about 12.5 million tonnes of carbon dioxide from the atmosphere each year.

"(Ontario Premier Dalton McGuinty) is providing some direction and some objectives to the process," said Monte Hummel, president emeritus, World Wildlife Fund Canada.

**REUTERS**

### News in brief

**GUANTANAMO BAY** The controversy of over just what Canada knew about Omar Khadr's treatment in Guantanamo is expected to erupt again today with the release of a 2003 interrogation video, which shows a 16-year-old Khadr crying and begging foreign affairs officials and a Canadian Intelligence Security Service agent to take him home.

**TORSTAR NEWS SERVICE**

## 200 pages of Khawaja e-mails released to public

**TERROR TRIAL** Momin Khawaja said in a 2003 e-mail that he couldn't stand by and watch "blood-thirsty" imperialists attack Afghanistan and other Muslim countries while he held down a cushy 9-to-5 job.

Almost 200 pages of emails, most of them related to the courtship be-

tween Khawaja and Zeba Khan, 23, were released to the public yesterday.

Khan is expected to testify sometime in the next week.

Khawaja is on trial for his alleged involvement in helping to build bombs to be used in Britain and on airplanes.

**TORSTAR NEWS SERVICE**

## Sudan's president charged with genocide in Darfur

**WARRANT** The International Criminal Court's (ICC) prosecutor charged Sudan's president yesterday with masterminding a campaign of genocide in Darfur, killing 35,000 people and persecuting 2.5 million refugees.

ICC Prosecutor Luis Moreno-Ocampo asked the court for an arrest warrant for President Omar Hassan al-Bashir, the most senior figure pursued by the court since it was set up in 2002.

The Sudanese leader dismissed the charges and said the ICC had no jurisdiction in Sudan.

"Whoever has visited Darfur, met officials and discovered their ethnicities and tribes ... will know that all of these things are lies," he said.

Sudan will seek support

### history

Bashir is the first sitting head of state charged by an international court since Liberia's Charles Taylor and Yugoslavia's Slobodan Milosevic.

from allies such as China and Russia to get the UN Security Council to block any warrant.

Moreno-Ocampo said on top of the thousands killed by Sudan's armed forces and the militia they support, 2.5 million others were subjected to a campaign of "rape, hunger and fear" in refugee camps where he said genocide continued "under our eyes."

"The decision to start the genocide was taken by Bashir personally," he told a news conference. **REUTERS**

### News in brief

**KNIVES** British Prime Minister Gordon Brown said yesterday that people carrying knives would be "caught, prosecuted and punished" as he defended the government's handling of knife crime following a spate of stabbing deaths. Opposition parties say that the government had already backtracked from a "half-baked" policy to force those caught with knives to visit hospitals to see stabbing victims for themselves.

**HONOUR** Former hostage Ingrid Betancourt received one of France's top honours yesterday and said those who remained captive in the hands of Colombian rebels were probably getting worse treatment because of her rescue. **REUTERS**



China-based solar cell maker Trina Solar said it would supply nearly 300 photovoltaic cells to France's LISA Airplanes for its Hy-Bird solar and fuel cell powered airplane. LISA Airplanes expects to complete assembly of the plane by the end of 2009. **REUTERS**

# Business

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## THE DAILY BUSINESS BUZZ

### Survivor Exile Island, business style:

This September, around 100 of Halifax's business leaders will meet to help the Children's Wish Foundation keep granting wishes. The organization's Nova Scotia Chapter is currently working to grant 43 wishes, and has come up with a creative fundraising effort to help fund those wishes. It's called Exile Island, and it's based on the reality TV program Survivor. The plan is to have 10 "tribes" of 10 banished to George's Island on Friday, Sept. 19, where they will compete to win their way off the island.

### Superport master plan a 'living document':

The real value of the port master plan currently under development for the Strait of Canso Superport won't be in the document itself but in the action that is undertaken after it's completed, the consultant working on the project says. Chris Matson, assistant vice-president of TranSystems, told a Superport conference in Dundee this

week that it's intended for the master plan to be a "living document," and the most important part of the process will be the implementation plan — how the port is marketed, and to whom it is marketed.

### Cranes company could face stiff penalties:

"Thank God no one was seriously hurt." Those were the words the owner of A.W. Leil Cranes said as he left New Glasgow Provincial Court. The Thorburn company now faces about \$75,000 in penalties for violating the Occupational Health and Safety Act stemming from a July 2006 incident in New Glasgow when the brakes failed on one of its cranes. A. W. Leil Holdings Limited plead guilty to failing to ensure one of its cranes had adequate brakes and failing to maintain machinery with adequate safety devices. Other charges were dismissed after the Crown offered no evidence.

Get the full stories delivered to your inbox every morning by signing up for the Daily Business Buzz [www.nsbj.ca](http://www.nsbj.ca)

## Metro offers Workopolis job listings

**ONLINE** Metro Canada has joined forces with Workopolis to provide online career services through its site [www.metronews.ca](http://www.metronews.ca).

The partnership with the online recruiting and job search provider allows job hunters to view regional and national openings at a single website, while local employers will be able to extend their advertising reach across the country.

"This partnership combines the reach of the leading newspaper brand among adults 18-49 and the leading online job site in Canada," Metro Canada group publisher Bill McDonald said. "And it further extends our focus on improving the experience for all of our stakeholders, making Metro the print and online destination for young Canadians."

**METRO NEWS SERVICES**

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Metro is the world's largest newspaper, with more than 20 million daily readers in 100 major cities in 21 countries. [www.metronews.ca](http://www.metronews.ca)

# Apple sells 1 million iPhone 3Gs in 3 days

**Worldwide sales of Apple Inc.'s second-generation iPhone totalled more than 1 million in its first week-end amid warnings that a slumping global economy could put a dent in overall handset sales this year.**

By contrast, the previous version of the iPhone sold just 270,000 units in its first two days. But unlike the original version, which was initially available only in the United States, the iPhone 3G is being sold in 21 countries.

The iPhone's launch

## Luring subscribers

Some analysts have predicted Rogers will sell as many as 250,000 iPhones in Canada over the next year, luring 100,000 subscribers from other wireless carriers in the process.



comes as some analysts warn demand for handsets could be threatened by global economic weakness. Research firm Gartner said it has cut its forecast for cellphone sales growth to 10 per cent this year.

In Canada, wireless provider Rogers Communications Inc. said yesterday

the launch shipment of "tens of thousands" of iPhones "sold out in the vast majority of cities across the country."

The iPhone's Canadian launch was bogged down by technical glitches with Rogers' computer systems and wider problems with Apple's iTunes service,

which is needed to activate the handset. "Our system was up within an hour of outage Friday," spokesperson Liz Hamilton said.

While some see the iPhone as a threat to BlackBerry-maker Research In Motion, at least one analyst argued that the two devices continue to appeal to different types of users.

Jeffrey Fan at UBS Investment Research said a non-scientific survey of iPhone customers showed only a small percentage were BlackBerry owners.

**TORSTAR NEWS SERVICE**

## IndyMac seized Depositors line up for cash



Nurse Lynne Levin-Guzman tries to get the attention of someone inside an IndyMac Bank branch, at the company's corporate headquarters, as others wait in line for it to open under federal management in Pasadena, Calif., yesterday. Regulators seized IndyMac, once one of the largest mortgage lenders in the United States, on Friday after a bank run in which customers withdrew \$1.3 billion US of deposits over 11 business days, as worries about the company's survival grew.

## Shell to buy Duvernay for \$5.9B

**OIL PRODUCTION** Royal Dutch Shell has agreed to buy Canada's Duvernay Oil Corp. for around \$5.9 billion to boost production from prolific unconventional gas holdings.

Shell made a cash offer of \$83 a share, 42 per cent above Duvernay's Friday closing price of \$58.44 on

the Toronto Stock Exchange. The offer was unanimously accepted by Duvernay's board.

Duvernay has 1,800 sq km of land holdings in two provinces, particularly in the prized Montney region in the northeast of British Columbia and in Alberta's Deep Basin, areas Shell

hopes to add to its portfolio of tight gas interests.

Tight gas is gas contained in difficult reservoirs, where extraction was once considered too costly. Duvernay has one of the best holdings of tight gas among mid-sized Canadian companies.

**REUTERS**

## Bush lifts offshore drilling ban

**DRILLING** U.S. President George W. Bush yesterday lifted a White House ban on offshore drilling to try to drive down soaring energy prices, a largely symbolic bid unlikely to have any short-term impact on high gasoline costs.

Congress too has a ban on offshore drilling and while it expires on Sept. 30, it could be renewed. Bush pushed Congress to give oil companies access to the Arctic Wildlife National Refuge.

**REUTERS**

## Palm unveils new Treo smartphone

**CHALLENGE** Palm Inc. yesterday introduced a high-end Treo mobile phone, hoping to challenge BlackBerry's dominance with business users. Its 800w smartphone, with a full keyboard, is available for \$250 US after signing up for a service contract with wireless carrier Sprint, and a \$100 rebate.

**REUTERS**

## News in brief

**SOLD** Anheuser-Busch Cos. accepted a sweetened \$52 billion US takeover bid from Belgium-based InBev NV, creating the world's largest beer maker and placing an iconic U.S. company into foreign hands.

**REUTERS**

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD	Interest rates/Savings accounts
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%	METRO NEWS SERVICES

## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONWS.CA

# Cheaper chatting

## Smart Cookies



www.smartcookies.com

After last week's season finale of *The Bachelorette*, most of us burned through a month's worth of phone minutes in one night. Jason versus Jesse, Jesse versus Jason ... the drama!

But whether it's dishing about celebrity gossip or dissecting your most recent date, we are all guilty of spending hundreds, even thousands of dollars on phone bills.

Even with major phone companies dropping their rates every year, we still seem to burn through minutes any given month. Well, thanks to modern technology, you might not even have to spend a penny to talk to people across the country.

We wanted to lay out some options you have at your fingertips —literally— on how you can stay in touch and still be a Smart Cookie.

### Skype:

For us, this is Numero Uno. Skype is by far the most popular and widely used VoIP program (for those technically challenged, like we were, that

**"A bonus to this service is the All Calls Free plan, which allows Gizmo users to call other Gizmo users' landlines and mobile phones, not just their computers."**

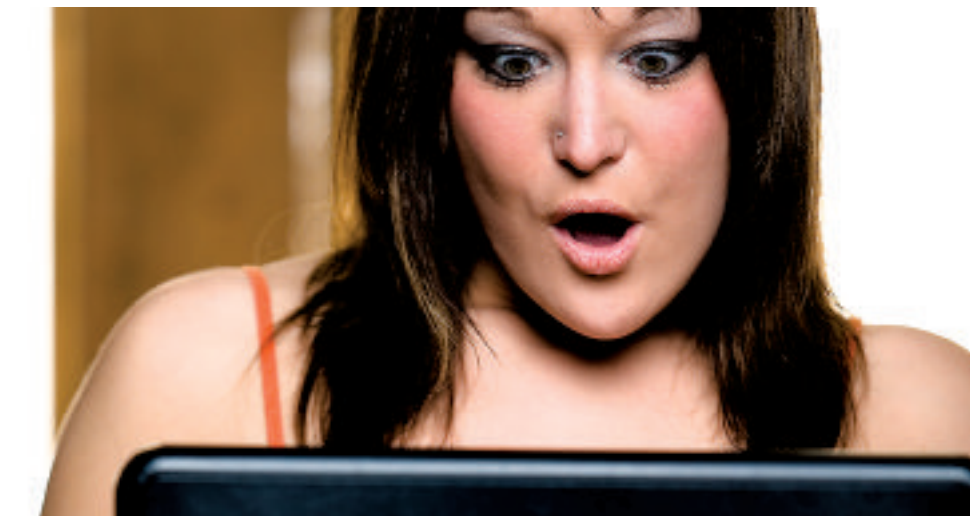
stands for Voice-over-Internet Protocol) with millions of people online at a time! With Skype's free software that works seamlessly with your Internet connection, you can chat away with free Skype-to-Skype calls and never worry about cost, time or distance. Skype allows you to have a videoconference (we love this!), a phone call, or a chat with anyone on your contact list.

### Google Talk:

Of course Google has a VoIP service as well. Used mostly as a chat platform, Google Talk is popular among Google fanatics and those with a Gmail account. Google talk is built into Gmail. This makes it easy to see when another Gmail user on your contact list is online for a quick chat. With the release of the Google Talk gadget, users of all platforms supported by Adobe Flash Player can now use Google Talk.

### Gizmo:

Like Skype, Gizmo also



Stay in touch with pals, chew over celebrity gossip or describe your latest date without paying a fortune for cellphone minutes.

offers free software and free calls to all other Gizmo users. The interface is very user-friendly and the company claims it's "as simple as instant messaging". A bonus to this service is the All Calls Free plan, which allows Gizmo users to call other Gizmo users' landlines and mobile phones, not just their computers.

### Yahoo! Voice:

This is simple and free PC-to-PC calling software like Windows Live Messenger. Similarly, the free calls must be made to other active Yahoo! Voice members. So those of you who are already familiar with the Yahoo! Instant Messen-

ger system should feel right at home with the application. Since there are already so many Yahoo! IM users, this may be a great place to begin experiment-

ing with VoIP technology. If you have a favourite Smart Cookie way to communicate, we'd love to hear it!

Send comments and

questions to us at [smartcookies@metronews.ca](mailto:smartcookies@metronews.ca).

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](http://smartcookies.com) for more tips.

## Play by new mortgage rules

Since completing university five years ago, I have rented an apartment. I earn a decent salary but have saved less than \$10,000 dollars that I would like to use as a down payment for a home. Some new condos are being built not far from my apartment with prices around \$300,000. Should I buy now before the new mortgage rules come into effect?

—ANDREW, TORONTO

Starting October 15th, 2008, home buyers will no longer be able to buy a home with nothing down or take out a government-backed, 40-year mortgage. Thirty-five-year mortgages with five per cent down will

## MoneyMatters

Henry Choo Chong

[choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca)

continue to be available. Ottawa hopes Canada will not follow the real estate meltdown experienced by our southern neighbour.

Currently, individuals could purchase a home with as little as nothing down and have the entire cost insured with the Canada Housing and Mortgage Corporation (CMHC) or Genworth Financial Canada. Of course, nothing is free. CMHC charges a 1-3.5 per cent of the principal amount that is added to the mortgage.

**"Should I buy now before the new mortgage rules come into effect?"**

Andrew, Metro reader

Qualifying for a mortgage and being able to afford the cost of home ownership are two different animals. Set your eyes on a less costly condo and should demonstrate that you have the desire, discipline and dedicated to save more of your take home salary.

Talk to a bank mortgage specialist or and independent broker to help with making your decision.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca).

## AIR CANADA VACATIONS

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Chinese police need to improve their methods to make sure security checks for next month's Olympics are "civilized and convenient," the country's top security official was quoted as saying yesterday. **REUTERS**

# Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

## Felicien gives up on Games bid

**ATHLETICS** Perdita Felicien has pulled the plug on her attempted comeback for the 2008 Beijing Olympics.

The 28-year-old Pickering hurdler, who hasn't been able to compete since injuring her foot during training last February, is expected to make the announcement official today.

Felicien had been conditionally named to the Canadian Olympic team for Beijing.

## Chambers verdict set for Thursday

**ATHLETICS** British sprinter Dwain Chambers will have to wait until Thursday to find out whether a High Court challenge against his Olympic ban has been successful.

The British Olympic Association confirmed yesterday they had asked for the hearing to be put back from tomorrow to Thursday so its chairman Colin Moynihan can attend.

## World champs dominate team

**ATHLETICS** An athletics team featuring 15 Olympic medallists, 31 world championship medallists and 10 U.S. record holders will represent the United States.

The 126-member squad includes Olympic gold medallists Jeremy Wariner (400m) and Shawn Crawford (200m), and world champions Tyson Gay, Bernard Lagat, Allyson Felix (women's 200m), Brad Walker (pole vault), Reese Hoffa (shot put) and Kerron Clement (400m hurdles).

## Spectator banners banned in China

**POLITICS** Beijing has advised spectators coming to the Games to leave their banners at home, even if they do not contravene rules forbidding the airing of political or religious views at venues. **METRO NEWS SERVICES**

## Tomorrow's lineup

**FIELD OF DREAMS** For field hockey-playing brothers Anthony and Philip Wright, the Olympics are a family tradition stretching back to 1932. Read tomorrow's Metro for more.

**23** days remain until the official start of the 2008 Summer Olympic Games in Beijing.



Armed police for the special Olympic road lanes hold a ceremony in a police station in Beijing last week.

# Keeping quiet

Canada's Olympians trying to stay out of debate on human rights in China

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**If you're waiting for one of Canada's Olympians to take a stand on China's human-rights record, don't hold your breath.**

It's not that the Canadian Olympic Committee has issued a gag order, as Britain has done with its athletes. It's just that Canadians are trying to stay focused on the task at hand — representing their country at the Games in Beijing — and getting caught up in politics will only serve as a distraction.

"It's a monumental task to win a medal and it requires everything you've got," Olympic sailor Lisa Ross said. "Mentally, it's such a huge task. Any athlete that has hopes of medalling, but gets caught up in other things ... It won't happen for them."

Without a doubt, it's quiet leading up to the Games. About the only people

taking a firm stance on issues in China are former athletes, such as retired figure skater Elvis Stojko, a two-time silver-medallist at the Winter Olympics. He suggested Canada's Olympians consider a boycott of the Games, saying they should think twice before going to Beijing.

Olympic double-medallist Adam van Koeverden responded by saying Stojko wouldn't be so vocal if it was his Olympics, and based on the prevailing silence, he could be right.

"I haven't heard it from anyone attending the Olympics now, and that seems to be kind of the vibe, to me," canoeist and first-time Olympian Andrew Russell said. "All of the athletes who have trained so hard to get to this stage don't want to jeopardize the opportunity to succeed at the Olympics."

The mere mention of human-rights issues in an interview causes Olympians to choose their words care-

**"Any athlete that has hopes of medalling, but gets caught up in other things ... It won't happen for them."**

Lisa Ross, Olympian

fully. Some fear being misquoted or having words taken out of context, others worry an innocent comment might make national headlines.

"You don't want to have the attention from what you're trying to accomplish shift toward your attitude toward human-rights violations," Russell said. "That's not to say athletes are not concerned and up-to-date on world issues, I just don't know if it's really the best forum for dialog on this sort of thing."

Ross, a Lunenburg, N.S., native who competed in the Athens Olympics four years ago, already spent almost three weeks in June at a training camp at



Olympic medallist and champion figure skater Elvis Stojko has suggested Canada's Olympians consider a boycott of the Games.

the Olympic sailing site in Qingdao, more than 500 kilometres away from Beijing.

Based on what the 31-year-old has seen so far, she doesn't expect China's social issues to reach a point where they cause unrest for athletes competing at the Games.

"Most of our team feels very comfortable there," Ross said. "The people and the volunteers have always been extremely helpful and welcoming, and we always get the sense they will do anything they can for it to go off without a hitch."

"I have no doubt that it will."

## NHL

The Toronto Maple Leafs acquired forward Ryan Hollweg from the New York Rangers yesterday in exchange for a fifth-round draft choice in 2009. Hollweg had four points in 70 games last season. **METRO NEWS SERVICES**

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# Sports

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA



## Nolan out as Isles coach

The New York Islanders have parted company with coach Ted Nolan, left, citing "philosophical differences," the team said in a statement yesterday. Nolan took the Islanders into the playoffs in his first of two seasons in charge but the team disappointed last season and the coach leaves with a year remaining on his contract. **Reuters**

# West is clearly best in CFL so far

Clean sweep in Week 3 shows balance of power tipped strongly in one direction

## YorkReport



Three weeks into its regular season, the CFL has established these two irrefutably pertinent facts: First, West is best. And, second, higher scoring is much less boring.

Unlike the past few seasons, CFL games have been mostly entertaining this season, chiefly because of a scoring increase. The eight teams have produced 633 points combined in the first three weeks of 2008, compared with 578 after three

weeks last season.

The difference has been palpable. The theory within the CFL is that redesigned offences are beginning to outsmart defences.

Still, the balance of power remains lopsided. It is clearly tilted in the direction of the Western teams, who punctuated their superiority last week by recording a clean, four-game sweep over their Eastern counterparts.

None of the Western teams is winless this season. In the East, however, only the Montreal Alouettes (2-1) have a winning record. And the Winnipeg Blue Bombers have deteriorated into the Loserpeg Blue Bombers at 0-3. Coach Doug Berry already is in jeopardy of losing his

## scoring on the rise

In the higher-scoring CFL, only three teams — the Toronto Argonauts, Winnipeg Blue Bombers and B.C. Lions — have scored fewer points in their first three games this season than after their first three in 2007. Here are all eight teams' scoring totals after the first three games in both years:

	2007	2008
Montreal Alouettes	59	90
Hamilton Tiger-Cats	34	70
Toronto Argonauts	100	64
Winnipeg Blue Bombers	86	64
Saskatchewan Roughriders	77	93
Calgary Stampeders	60	82
Edmonton Eskimos	67	94
B.C. Lions	95	76

job, largely because his finger-pointing style has alienated several of his players — to the point where they've privately gone to management with complaints.

Berry insists he won't give up on his ways or on his slumping No. 1 quarterback — Kevin Glenn. Not yet, anyway.

At the other end of the spectrum are the undefeated

Saskatchewan Roughriders (3-0), and this wasn't supposed to happen. Not with Ken Miller coaching instead of Kent Austin, who abandoned Saskatchewan after last season for an assistant-coaching position in U.S. college football. And not without quarterback Kerry Joseph, who was chosen the CFL's top player last season after leading the Riders to the Grey Cup championship.

Although undefeated, the Riders continue to have their detractors, including their former all-star QB and coach.

"Saskatchewan is supposedly the best team in the league," said Ron Lancaster, a radio analyst these days for the Hamilton Tiger-Cats,

"but I don't see any difference between them and us."

Lancaster's comment came after the Ticats blew their lead in the dying seconds of a wildly exciting game against Saskatchewan Saturday in Hamilton. The Ticats are 1-2, like the Toronto Argonauts, who are plunging downhill with Joseph as their QB and with Rich Stabler as their coach.

And, if the Argos continue to struggle, don't be surprised if Michael "Pinball" Clemons is persuaded by the club's owners to return as coach and to relinquish his front-office duties temporarily.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

## Sports in brief

**NHL** The Washington Capitals have re-signed centre Sergei Fedorov to a one-year contract. Terms were not disclosed.



Fedorov was acquired by the Capitals from Columbus at last season's trade deadline in February and notched two goals with 11 assists for 13 points in 18 games after the deal. The 38-year-old finished last season with 11 goals and 30 assists for 41 points in 68 games.

**MLB** Cleveland Indians left-hander Cliff Lee was picked as the American League's starting pitcher, while the Milwaukee Brewers' Ben Sheets was handed National League honours for tonight's All-Star Game, their respective managers announced yesterday.

**CYCLING** The day after almost crashing out of the Tour de France, Cadel Evans kept his rivals at bay to take command of the race yesterday. The Australian holds a one second lead on Luxemburg's Frank Schleck.

**NFL** The Washington Redskins agreed to terms with quarterback Colt Brennan yesterday. Brennan was a sixth round pick and the 186th overall selection in the 2008 NFL Draft.

**METRO NEWS SERVICES**



Minnesota Twins slugger Justin Morneau shows off his new hardware after the 2008 MLB All-Star Home Run Derby last night at Yankee Stadium. The New Westminster, B.C., native won the title by defeating Texas Rangers star Josh Hamilton 5-3 in the final.

## Morneau steals all-star derby title

**Canadian slugger Justin Morneau made off with the trophy at the All-Star Home Run Derby last night, but Texas' Josh Hamilton stole the show.**

Hamilton set an all-star derby record by belting 28 homers in the first round to win a standing ovation from a crowd of 53,716 at Yankee Stadium.

Hamilton, a centre-field-

er for the Rangers, eclipsed the 24 homers slugged by then-Philadelphia Phillies outfielder Bobby Abreu, now with the Yankees, during the first round of the 2005 contest.

The 27-year-old Hamilton, a 1999 top draft pick who overcame drug and alcohol problems to reach the majors last season, cracked 13 homers in 13 successive swings late in

his turn and bashed three towering drives measured at more than 500 feet.

Morneau, a native of New Westminster, B.C., hit just eight in the first round and nine in the second round to reach the final.

But Hamilton couldn't keep up his momentum in the final and managed just three home runs to Morneau's five.

**METRO NEWS SERVICES**

## Mickelson ready to launch Open push

**GOLF** World No. 2 Phil Mickelson said he felt ready to launch his British Open title challenge at Royal Birkdale on Thursday despite finishing down the field at the Scottish Open.

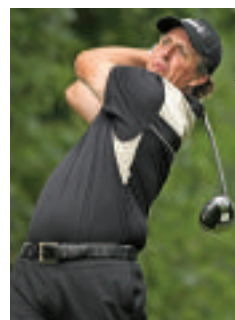
The American left-hander was unable to take advantage of calm, sunny conditions in Sunday's final round at Loch Lomond, returning a two-over 73 for a two-under aggregate of 282.

"I had a great week this week even though I didn't play the way I wanted," Mickelson told reporters. "I got acclimatized to the time, my body feels good and I had three good days (of practice) at Birkdale before this tournament started."

"This has given me an opportunity to look at my strengths and weaknesses, work on them and see if I can put it all together for the Open."

Mickelson, effectively the world No. 1 with Tiger Woods set to be sidelined by injury for the rest of the year, believes the top golfers will come to the fore in the third major of the season.

"I love going back to Birkdale," said the 38-year-



Phil Mickelson will be targeting his first career British Open title when golf's third major begins on Thursday at Royal Birkdale.

old. "It is a special place for me because it was where I played my first British Open as an amateur in 1991."

"I think the best players will come out on top. There will be an opportunity for the good players to separate themselves through shot-making and scoring around the greens."

"Around the fairways and around the greens some people will be able to attack the pins rather than just hack the ball out. That gives the more skilled players a chance to showcase their talents."

**REUTERS**

Fall River artistic gymnast David Kikuchi, left, will sign autographs at the Halifax Shopping Centre today from 12:30 to 2:30 p.m. Kikuchi will compete in next month's Olympics in Beijing if an elbow injury doesn't force him to the sidelines. **METRO HALIFAX**

## SCOREBOARD

## MLB

AMERICAN LEAGUE				
EAST DIVISION				
	W	L	PCT	GB
Boston	57	40	.588	—
Tampa Bay	55	39	.585	½
N.Y. Yankees	50	45	.526	6
Toronto	47	48	.495	9
Baltimore	45	48	.484	10

CENTRAL DIVISION				
	W	L	PCT	GB
Chicago Sox	54	40	.574	—
Minnesota	53	42	.558	1½
Detroit	47	47	.500	7
Kansas City	43	53	.448	12
Cleveland	41	53	.436	13

WEST DIVISION				
	W	L	PCT	GB
L.A. Angels	57	38	.600	—
Oakland	51	44	.537	6
Texas	50	46	.521	7½
Seattle	37	58	.389	20

NATIONAL LEAGUE				
EAST DIVISION				
	W	L	PCT	GB
Philadelphia	52	44	.542	—
N.Y. Mets	51	44	.537	½
Florida	50	45	.526	1½
Atlanta	45	50	.474	6½
Washington	36	60	.375	16

CENTRAL DIVISION				
	W	L	PCT	GB
Chicago Cubs	57	38	.600	—
St. Louis	53	43	.552	4½
Milwaukee	52	43	.547	5
Cincinnati	46	50	.479	11½
Pittsburgh	44	50	.468	12½
Houston	44	51	.463	13

WEST DIVISION				
	W	L	PCT	GB
Arizona	47	48	.495	—
L.A. Dodgers	46	49	.484	1
San Francisco	40	55	.421	7
Colorado	39	57	.406	8½
San Diego	37	58	.389	10

LAST NIGHT  
All-Star Home Run Derby  
(Justin Morneau wins 5-3 over Josh Hamilton in final)

TONIGHT'S GAME  
All-Star Game (at New York)  
National League vs. American League, 9

TOMORROW  
No games scheduled

THURSDAY'S GAMES  
AMERICAN LEAGUE  
Detroit at Baltimore, 8:05

NATIONAL LEAGUE  
N.Y. Mets at Cincinnati, 8:10  
San Diego at St. Louis, 9:15  
Pittsburgh at Colorado, 10:05

AL BATTING LEADERS				
Name, team	AB	R	H	AVG
Kinsler Tex	398	84	334	.337
Morneau Min	365	55	318	.323
Mauer Min	301	58	297	.322
Damon NYY	313	50	300	.319
Bradley Tex	269	55	285	.316
Pedroia Bos	395	67	324	.314
Youkilis Bos	328	56	303	.314
Rodriguez NYY	279	53	287	.312
Hamilton Tex	377	60	317	.310
Grudzielanek KC	288	34	289	.309

NL BATTING LEADERS				
Name, team	AB	R	H	AVG
Jones Atl	296	55	312	.378
Pujols STL	282	48	300	.355
Berkman Hou	331	77	315	.347
Holliday Col	305	52	303	.338
Theriot Chic	342	52	310	.322
Nady Pgh	400	43	295	.317
Guzman Wash	400	54	316	.315
Molina STL	272	21	285	.312
Ramirez Fla	373	80	316	.311
Atkins Col	364	55	312	.308

## CFL

EAST DIVISION				
	W	L	T	PTS
Montreal	2	1	0	4
Hamilton	1	2	0	2
Toronto	1	2	0	2
Winnipeg	0	3	0	0

WEST DIVISION				
	W	L	T	PTS
Saskatchewan	3	0	0	6
Edmonton	2	1	0	4
Calgary	2	1	0	4
B.C.	1	2	0	2

WEEK 4  
THURSDAY'S GAME  
Hamilton at Calgary, 10

FRIDAY'S GAME  
Winnipeg at B.C., 11

SATURDAY'S GAME  
Montreal at Saskatchewan, 8

SUNDAY'S GAME  
Edmonton at Toronto, 5

# Dartmouth in command

## Victory over Dunbrack opens up big lead in standings

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

### DARTMOUTH 1 DUNBRACK 0

**With Sarah Drake looking as fast as she's ever been, Dartmouth United Super City Windows asserted itself atop the Nova Scotia Soccer League Premiership last night.**

The veteran striker was player of the game in Dartmouth's 1-0 victory over Halifax Dunbrack Lane Home Furnishing at Mainland Common in a hard-fought battle for first overall.

Known for her trademark speed since her days as an all-Canadian with the Cape Breton Capers, Drake has returned to form after a couple of down years with injuries.

"I feel awesome ... I worked hard in the off-season to overcome my injuries," said Drake, who was sidelined with a meniscus tear in her knee, a hamstring pull and an ankle injury. "I'm actually playing a few games pain-free, so that's awesome."

Kristine Mills potted the winner in the 72nd minute on a terrific individual effort, although she modestly called it "just a lucky touch" afterward. She broke through Dunbrack's defence and boot-ed one past keeper

RYAN TAPLIN FOR METRO HALIFAX



Dartmouth United's Victoria Parkinson, right, battles for the ball with Halifax Dunbrack's Jeanette Huck during last night's premiership game at the Mainland Common.

Heather Armstrong. Tiffany O'Donnell earned the shutout.

Drake generated chance after chance as she darted in and out of traffic and blazed past defenders

with ease. She said she learned a lot when she was playing injured because she was forced to slow down and work on other technical skills.

Dartmouth is now 7-1,

five points ahead of Dunbrack.

"This win means a lot — it pushes us farther ahead," said Drake. "We looked at this game like a playoff game because the top team (earns a bye) straight through to the semifinals. This just gives us that much more of an edge going into the playoffs."

Drake, who leads Dartmouth with six goals, said not only does she have her health, but the youthful exuberance of the players around her has helped put some jump back in her step.

Teenagers Courtney Conrad (five goals) and Victoria Parkinson (three goals) are chipping in offensively, while Brianne Moore and Jenny Tutton are logging solid minutes.

"They're all at the top of the league ... I wouldn't want to play with any other players and I'm so happy I'm playing with these girls because they're amazing," Drake said. "They fight hard to get the ball and make my job easy."

Last night marked Dartmouth's second win over Dunbrack this summer, and Mills said it's a confidence boost.

"This definitely sets us apart from the rest of the league," Mills said. "It proves we're a team to be reckoned with."

# Perfect Dunbrack enjoying comfort zone

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**When Alan Jazic took the helm with Halifax Dunbrack Bremner's last summer, his team had plenty of new faces.**

The team did well — winning the Nova Scotia Soccer League Premiership regular-season title before falling short in the championship final — but a summer later, Dunbrack has taken things to another level with a dominating 11-0 record.

"People were uncomfortable last year with all the new faces, but the extra year together has really meant a lot,"

said Jazic, pointing to low off-season turnover as the key to success.

"There's a better team atmosphere this time around than there was last year. Everybody's more comfortable."

Dunbrack has opened up a six-point gap on defending champion Halifax City Coldwell Banker and boasts sparkling league-best in goals for (35) and goals against (four).



Gaudet

Contributions from youngsters such as Mike Marsh (team-best seven goals), Derek Gaudet (four goals), Hamzeh Afani (three goals) and Danny Bachar have been a key.

So has the presence of perennial MVP candidate Jay Robinson and veterans Danny Worthington and Dan Fournier, all long-time Premiership standouts who help provide balance.

"We have young guys who like to run and gun and really play at a fast speed, and then you have the Fourniers, Robinsons and Worthingtons steady-

ing the ship," Jazic said. "They let the young guys run and they hold their position very well."

In goal, Kyle Hartlen has five shutouts in 630 minutes of work, while Ben Ur has a sixth clean sheet in 270 minutes.

With nine games left in the 20-game schedule, Dunbrack will look for continued success leading up to the playoffs.

"I think we've had the toughest start of any team schedule-wise," Jazic said. "We've played all the top-end-of-the-table teams and we're very happy with where we're at."

## Sports in brief

**GOLF** Ashburn's David Williamson claimed another provincial title on the weekend, this time nabbing the New Brunswick Golf Association men's amateur title near Fredericton on Sunday. Williamson shot a final-day 71 to earn a five-stroke tournament victory. The Halifax native claimed Nova Scotia's amateur title eight days earlier in Sydney.

**GOLF** Bedford's Irene Jung of The Links at Penn Hills holds a seven-stroke lead at the Nova Scotia Golf Association's junior girls championship at the Eden Golf and Country Club near Bridgetown. She shot a 12-over 84 in yesterday's opening round. In the boys event, Eric Locke from the home club has a one-stroke lead after firing a 1-over 73.



Jung

**HOCKEY** Bedford's Alex Normore and Halifax's Jillian Saulnier have been invited to participate in Hockey Canada's women's under-18 selection camp from July 18 to 27 in Calgary. Twenty-two players will be selected for Team Canada, which will compete in a three-game tournament against the U.S. in Lake Placid, N.Y., in late August.

**HOCKEY** Glace Bay's Doug Sulliman, a long-time NHLer, was hired late last week by the Phoenix Coyotes to serve as an assistant coach to Wayne Gretzky. Sulliman, 48, has spent more than a decade away from hockey working on Wall Street and in the insurance industry. He last coached with the New Jersey Devils as an assistant from 1990 to 1993.

**HOCKEY** Former Saint Mary's Huskies men's hockey captain Kurt MacSweyn has signed with the Italian second-tier team Neumarkt-Egna. He has spent the past two seasons playing professionally in Germany and Austria.

**TENNIS** Halifax's Walter Moodie defeated Halifax's Brent Wilkens 6-4, 6-2, to claim the boys 12-and-under title at the Atlantic outdoor junior tennis championships in Halifax on the weekend. Halifax's Sarah Tremaine earned a runner-up finish in the girls 18-and-under division.

**METRO HALIFAX**

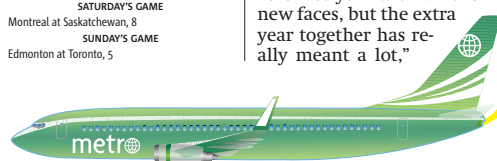
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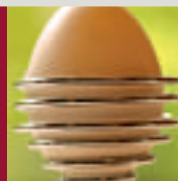
**Salt intake**

A whopping 77 per cent of the salt we consume comes from processed and restaurant foods, according to Statistics Canada. **ALIVE MAGAZINE**

**13**

# Your Health

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



## Satisfying munchies

Snacks high in protein are the way to go for a mid-day boost, says Halifax-based dietitian Pam Lynch. "A hard-boiled egg, cottage cheese with fruit, yogurt and granola are all healthy snack options. Just make sure you're eating the right portion for you."

NEWS CANADA

# Repair, regenerate

Food makes up integral part of body's healing process

**BRIAN TOWIE**  
Metro Canada



**While an apple a day won't keep a broken leg away, a balanced diet can help your body repair itself.**

Food makes up an integral part of the healing process, rehabilitating torn muscles and restoring energy.

Keep key components in mind on the road to recovery, says Jennifer Gibson, dietitian for the Sports Medicine Council of British Columbia and the Vancouver Whitecaps soccer club: Stay hydrated, eat high-quality proteins, don't ignore fruits and vegetables, and ensure you get poly- and mono-saturated fats.

Gibson advises you should drink three to four litres of water or diluted juices a day, depending on

your size, in order to flush out the toxins your body accumulates.

"Dehydration interferes with your thought process first, followed by fatigue, dizziness, cramps and possibly collapse," she said.

Also consider the adage of "an ounce of prevention," says registered dietician Beth Mansfield of Ottawa fitness club Peak Performance. Failing to drink water and eat carbs before strenuous activity can ultimately result in injuries.

"What you need to look at is how you get to that point," she said. "Intense muscular movement can lead to pulling and tearing if you don't take significant carbs and you don't hydrate, particularly towards the end of a game."

Next, you'll want to look at high-quality proteins. Nutritionists say you need at least 0.8 g of protein per

## what to eat while nursing an injury

- Kiwi fruits, strawberries, and blackberries are good sources of vitamin C, essential for healing wounds.

- Almonds provide vitamin E, important in preventing scar tissue.
- Honey is an effective antiseptic and wound healer.

- Red grapes are high sources of potassium and the antioxidant quercetin. Dilute the grape juice with water to prevent cramps and dehydration.

WWW.BIKERADAR.COM

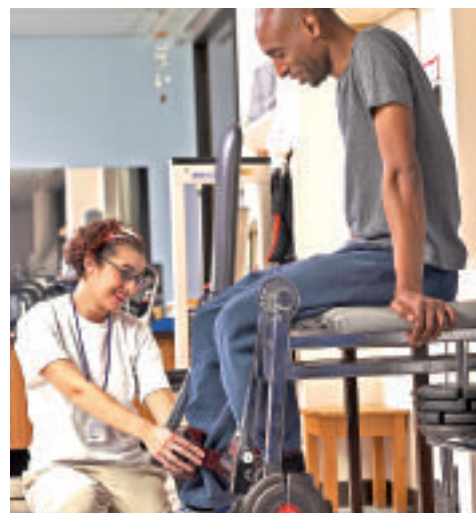


kilogram of body weight every day just to stay alive, and more to heal. All of these sources contain antibodies and help to rebuild torn and pulled muscles.

"Essentially, you're breaking off the bonds, the satellite cells, off the protein, and then your body realizes there's a deficiency. Your body asks, 'How do I make that part of me stronger?'"

said Jason Kastner, fitness director at the Yorkville Club in Toronto. "When you have energy from carbs, your body is going to work in what's called protein synthesis, when you build back that muscle or torn tissue."

That doesn't mean you can scarf down big, greasy burgers by the dozen, Kastner says. Select your protein from reliable sources such



A balanced diet can help your body repair itself, experts say.

as chicken, fish, lean red meats, eggs, whey protein powder and soy products (veggie ground round and tofu for vegetarians and vegans). For carbohydrates, choose whole grain breads, brown rice, quinoa millet, barley or brown rice.

Vegetables and fruit often and mistakenly go ignored while healing, says Gibson.

She advises at least two cups of orange (carrots) and dark green (broccoli or romaine lettuce) vegetables for lunch and dinner, with three to five servings of fruit per day, depending on size. Consider smoothies as a quick, easy answer for your body's need for fruit among other nutrients, says Mansfield.

# Setting goals and ambitions — no matter how unrealistic

HineSight

**Anne Hines**



A terrible thing happened to my friend Rob. He hit a good golf shot.

Rob loves golf. He watches it, reads about it,

gives advice on how to play it and, once a year, he even gets out to try a round.

Rob is a very consistent golfer. Every shot goes into a flowerbed, over a ravine or out into the parking lot, where it lodges itself in someone's windshield wiper. Rob stomps, swears, says he's putting his clubs on eBay and that other golfers and their vehicles are safe for another 12 months.

Yesterday, however,

Rob's ball soared, arced, landed with a perfect bounce, rolling to a mere three feet from the hole where Rob tapped it in with only four tries. The result was obvious. Rob's now convinced he should become a pro golfer.

I'm all for having dreams and goals. My own goal is usually "to make it through the day." When I set the bar higher it's "to make it through the day, sane." I have a fitness, power-walking goal

that is, "to get through my route that involves passing two Tim Hortons and a Starbucks without consuming more calories than I burn."

Rob dreams bigger. He thinks he might open a winery in his backyard, even though the growing season where he lives is six and a half minutes. He planned to audition for Canadian Idol. Apparently "able to carry a tune" is just a guideline. And, he's thought of opening an ad-

diction counseling service for men who buy tools they don't actually know the use of. Actually, that one might work.

Some experts insist that men are bigger risk takers than women. I don't buy it. If there weren't women prepared to take major risks, my younger brother, David, would never have got a date. Women boldly buy the latest clothing styles regardless of the fact that they may be out of fashion before

we get them home.

I know I'll keep believing life can be peaceful, even if most days I don't quite achieve it. And, if Rob never takes on Tiger Woods, at least he's had a few happy moments imagining it could happen. Because when it comes to goals and ambitions, what matters isn't how big or small we dream. Just that we do.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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# Entertainment

## Job well done

Robert Downey Jr., left, has been given a \$200,000 U.S. Bentley as a gift to from studio bosses thanks to the success of *Iron Man*. The movie has earned more than \$500 million worldwide.

IMDB.COM



# Finding their Key for change

DEAN LISK  
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**When it came time to work on their new CD, *Attack & Release*, The Black Keys' Dan Auerbach and Patrick Carney were ready for a change.**

Instead of secluding themselves to record and produce the album, the guys opened the usually closed process to the Grammy Award-nominated music

## More info

Summersonic takes place Saturday and Sunday on Citadel Hill and features The Black Keys, Tokyo Police Club, City and Colour and others. Visit [www.summersonic.ca](http://www.summersonic.ca) for more information and tickets.

man Danger Mouse.

"It was a huge difference, we were able to concentrate on the songs more than worry about microphones or anything else," said Auerbach. "It was a little bit strange, but we got the hang of it after the first day."

The normally do-it-ourselves guitar and drum duo brought Danger Mouse in after being asked to work with him on a project for Ike Turner. It was during the collaboration that they asked the producer to come on board for their own project.

"When we finished it, we knew it was really good. We had fun making it, and there was nothing forced about it," said Auerbach. The twosome is performing in Halifax on Sunday as part of the two-day Summersonic outdoor music

festival on Citadel Hill. This will be the band's first time playing in the region.

"I've always wanted to go to Nova Scotia, my parents used to go there and so they have a lot of pictures from there from the 1970s," Auerbach said. "I am expecting it to look like those." It was his parents who had a major musical influence Auerbach, who grew up with Carney in Akron, Ohio.

"My dad played me records, and he had a giant collection. That was my main influence, really. I picked up a guitar because I wanted to play with my family."

Many of his relatives also played guitar, and he had a number of uncles who were musicians. His family would travel to rural music festivals around Ohio, West



Blues-rock duo The Black Keys are performing during the two-day Summersonic music festival on Citadel Hill this weekend.

Virginia and Kentucky. "I am really drawn to the lo-fi sound," said Auerbach,

who used that feeling on some of the band's early releases. "I listen to field

recordings and things recorded in places that are not necessarily studios."

## Playing soon **Nathan Wiley**



Prince Edward Island-based singer Nathan Wiley will perform at The Carleton on Sunday, Aug. 3. Joining the multiple ECMA-winner will be Halifax songstress Christina Martin. Tickets are \$20 and are available at the Argyle Street venue.

# Taha highlights Atlantic Jazz

Algerian-French vocalist Rachid Taha will be one of the highlights during tonight's Atlantic Jazz Festival lineup. Taha will perform in the Mainstage Tent along with KOJO, another not-to-be-missed act, tonight at 8 p.m. Tickets are \$20 and \$30. Here's what else is going on:

## TODAY

•Commons Room: David Virelles Quintet, Andy Milne and Gregoire Maret. 9 p.m. \$25 and \$32. Stayner's Wharf: Restivo Gatti Roach. 11:30 p.m. \$10.

•1313 Hollis: Matt Brubeck. 9 p.m. \$15 and \$20.

•Cathedral Church of All Saints: Sanctuary with Ken Shorley. 7 p.m. \$15 and \$20.

•Free Daytime Concerts: Joe Murphy and the Water Street Blues Band, Blown Gasket Orchestra, and Scott Tiller Trio. Noon, free.

## TOMORROW

•Mainstage Tent: Simon Shaheen and Talambra. 8 p.m. \$20 and \$30.

•Commons Room: Chris Tarry Group. 9 p.m. \$25

and \$32.

•Stayner's Wharf: Michael Occhipinti's Sicilian Jazz Project. 11:30 p.m. \$10.

•1313 Hollis: Lukas Pearce. 9 p.m. \$15 and \$20.

•Cathedral Church of All Saints: Sanctuary with Riomati Trust. 7 p.m. \$15 and \$20.

•Free Daytime Concerts: John Cuming Quintet, Harvey Millar, Canadian Primos, Synchronics, and Mike Cowie. Noon, free.

For more information or to buy tickets, visit online at [www.jazzeast.com](http://www.jazzeast.com).

METRO HALIFAX

# Buddies benefit from homage to Idol failure

DEAN LISK  
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They have both tried out for Canadian Idol, but not making the show was better than getting a gold ticket for Nova Scotian's Jock Hiltz and Luke Conrad.

The duo — they go by the name Luke and Jock — are having their five minutes of fame thanks to their humorous song about failing the audition process.

Called The Canadian Idol song, it has been used in a montage on the show, recapping part of the season, and was recorded by Idol producers and sent to radio stations across Canada.

"We are like a showpiece for the show, and it can turn into more," said Hiltz, 25. "This is just a side thing we did for fun."

The duo became buddies in the mid-1990s, but only started to play coffeehouse-



Beaver Bank's Luke Conrad and Mahone Bay's Jock Hiltz had their song used on Canadian Idol.

es a little over a year ago. Serious songs soon gave way to funny ballads. They now have a repertoire of eight original songs — including their homage to Idol failure. "We are both jokers," said Conrad, 28.

"We noticed the crowd loved those songs more, and the side of us pulled us. It feels more natural to us."

This winter, both the guys decided to try out for

the show by performing the Idol song. At first, the judges weren't sure what to make of them.

"The lyrics are like 'My mother always told me I could sing' and 'My father sold the farm to buy me a six string' and they did not know where we were going with it."

"It was only after we hit the chorus — 'I was turned down by Canadian Idol' — that smiles crossed their faces."

A producer later called the guys and had them fly to Toronto to record the song, and there is a chance it will be again played on the show later this season.

## See the video

To view the Canadian Idol clip with Luke and Jock's song, visit [www.youtube.com/watch?v=SHjHx5d8Mz0](http://www.youtube.com/watch?v=SHjHx5d8Mz0) or go online to [www.lukeandjock.com](http://www.lukeandjock.com).

**Numbers game**

Kate Hudson has beaten out Sienna Miller and Anne Hathaway for the role of Stephanie in *Nine*, the movie version of the Broadway musical, starring Daniel Day-Lewis.

PAGESIX.COM

# First lady of French pop

Carla Bruni takes on critics as she braces for reaction to new album

AURÉLIE SARROT  
Metro World News



**Take your best shot: criticize her music and lyrics, but don't criticize France's first lady, Carla Bruni, as someone manipulated by the presidency.**

Bruni croons about drugs and lovers on her new album, her third, *Comme si de rien n'était* (As If Nothing Happened), despite being married to one of the world's most powerful men, Nicolas Sarkozy.

"There is no censorship in France. We live in a very democratic country," the former model said in her Parisian home. "The presidency does not intervene in my artistic life or in my media life. Every time I communicate, like I did after the wedding, I'm absolutely free. I think it's a little misogynistic to think that I'm manipulated by the presidency."

Bruni finds what media targets for criticism a bit strange.

"That said, I don't care about being attacked for my music or my lyrics. I find it quite natural," said Bruni, whose album is in stores today. "But being attacked because I'm in love with my husband, I find that a little strange."

Listeners shouldn't expect a lot of revelations about her married life on her album — she's still a newlywed, after all, having said "I do" on Feb. 2 — and many of the songs were written before her marriage, Bruni said, like the first one, *Ma jeunesse* (My Youth).

"I refuse to grow old," she said. "It's something that worries me a

little. It's the fact that I can't fight it that bothers me. That's why I play a lot of sports. But in the end, time will win the

battle, you know."

For now, Bruni is pretty much staying put, except for a vacation in the Lavandou region of France next month, choosing to promote her album via television appearances.

"I can't play live as long as my husband is president," Bruni explained. "Touring would involve too many security issues since I'm the first lady."

Away from the spotlight, Bruni shares musical tastes with her husband. "When I play him music he doesn't know, it's mostly English-speaking singers. Songs by Bob Dylan, Leonard Cohen, the Beatles are amaz-

**"I've got new dresses that I wear for official occasions, and to honour France. French designers are so gifted, they are full of creativity. I have a lot of choice. In daily life, I wear mostly the same things: shirt, jeans, tennis shoes."**

Carla Bruni

ing to discover a new language."

While she's tried to put to rest rumours that she's pregnant — "If I have a little belly, it's because I drink a beer, once in a while" — Bruni admitted, "I would love to be pregnant, but I'm not. And if I was, I would have stopped smoking."

Carla Bruni  
GETTY  
FILE

## lawsuit



Gabrielle Carteris

## Carteris sues over choking scene

**PEOPLE** Former Beverly Hills 90210 star Gabrielle Carteris has filed a lawsuit in B.C. Supreme Court alleging a choking scene she filmed in *Langley* turned too real.

Carteris, who played Andrea Zuckerman on the show, said injuries she suffered on the set of the 2006 made-for-TV film, *Past Tense*, left her with debilitating facial spasms.

According to *msnbc.com*, Carteris is suing producers for placing her in "unreasonable risk of physical harm" and not properly coaching actor Adrian Hughes, who was scripted to choke her at knifepoint.

The producers have denied the allegations.

METRO CANADA



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**Tell-all?** Raquel Welch, left, is set to reveal all about her life in a new memoir, tentatively titled *Secrets Of Timeless Appeal*. Sources say the book will lift the lid on her relationships with actors Warren Beatty, Sean Connery and Richard Burton, and rocker Alice Cooper. **IMDb.COM**

# Contestants feeling the heat

Canadian Idol's Top 10 hopefuls start to sense competition amongst friends

SANDY CAETANO  
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**Making it to the Top 10 of Canadian Idol is an accomplishment for contestants, but as the excitement increases, so does the pressure.**

In wake of watching people who have become friends be eliminated from the competition, those remaining are dealing with the pressure of moving forward.

"The vibe has definitely shifted as we move towards getting settled, in that this really is a contest and people are kind of dropping like flies," says Toronto's Sebastian Pigott, 25. Mitch MacDonald, 22, from Port Hood, N.S., agrees.

"We're all a bit nervous about who's going to go home because the competition is tight, and you really just don't know who's going to be here at this

stage," he says. On the other hand, there is a combination of mixed emotions amongst the finalists.

"It's super busy, you really feel what it's like to constantly be performing ... you're just constantly thinking about the next performance, but it's well worth it for sure," says 23-year-old Earl Stevenson, from Lloydminster, Alta.

"I think everyone just tries to not think about [elimination night] and to just have a good time while we're here, and focus on the music," says Toronto's Mookie Morris, 18.

But finding out they made it to the Top 10 left some like Drew Wright at a loss for words.

"It was a great feeling, it was kind of indescribable really, it's amazing," says Wright, 28 from Collingwood, Ont.

"It's really nice to know you have that support ... it's good

to know that Canada has faith in me."

"I'm from such a small town, so I'm not used to just getting this type of exposure," says Theo Tams, 22, Lethbridge, Alta. "That's what it's all about for me at this point, is just having people see me and seeing what I can do."

Hamil-  
ton, Ont.'s  
Adam

Castelli says he was preparing himself for the worst — either way he would be proud of how far he had made it. "There was a lot of surprises that night and throughout

this whole thing," says, Castelli, 26.

"There's just no way you can control this, you perform as great as you wanted and that still might not be enough."

No matter what happens, Canadian Idol opens many doors

so it's what you do what those opportunities that makes all the difference.

"Of course I want to pursue music," says Mark Day, 20, from Portugal Cove-St. Philips, Nfld. "If I am the one voted out this week I just have to keep shooting for what I want, but hopefully I don't have to worry about that this week."

This year's Top 10 round is made up of two women and eight men, and for Amberly Thiessen and Katherine St-Laurent it's been nothing but enjoyable.

"It's interesting, I'm actually enjoying it, I think it's kind of fun ... everyone here is very talented," says Thiessen, 19, from Seven Persons, Alta.

"It's been exciting, it's been something new every week, I've been performing every week trying to do my best and we're all having fun and I think that's the most important thing," adds St-Laurent, 17, from Otterburn Park, Que.



CTV PHOTO

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## ABC, FX tops with gay rights groups

ABC and U.S. cable channel FX have been ranked the most gay-friendly networks by a gay-rights group.

At the other end of the scale, NBC, Fox, A&E, Spike, TBS, USA Network and TNT all received fail grades from the Gay & Lesbian Alliance Against Defamation (GLAAD).

The second annual GLAAD Network Responsibility Index examined 4,911 hours of prime-time programming on the several major networks. The index sought to gauge the

quantity, quality and diversity of images of lesbian, gay, bisexual and transgender people on television.

Eight of the networks were given passing grades.

ABC — led by *Brothers & Sisters*, *Desperate Housewives* and *Ugly Betty* — was given a grade of "good" with the highest score among broadcasters. The report said 24% of ABC's programming hours was considered inclusive.

The report praised *Brothers & Sisters* in particular for portraying the first gay marriage on tele-

vision.

CBS was rated "adequate" (9%), while NBC (6%) and Fox (4%) were both labeled "failing," with their scores decreasing slightly this year.

Among the cable networks evaluated, FX (45%) came out on top, mainly thanks to *Nip/Tuck*.

None of the evaluated networks earned the survey's top ranking of "excellent." The report also noted that most of the hours that counted for networks were thanks to portraying gay men.

REUTERS

**WEIR ROCKIN' '08**

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**Casting couch**

NBC's Chuck has recruited actress Jordana Brewster, right, to play a love interest for Zachary Levi, executive producer Josh Schwartz has confirmed. **EW.COM**



# Ed fights for affordable housing

**PEOPLE** Hollywood star Edward Norton is leading a campaign to create more affordable housing in his New York neighborhood, according to imdb.com. The million-aire Fight Club star is appearing in TV and radio advertisements asking residents of the city to welcome new developments in their areas. Norton, who lives in Manhattan's Greenwich Village, has long been associated with the Enterprise Community Partners, founded by his grandfather.



Ed Norton

METRO NEWS SERVICES

# Vivica defends Jessica Simpson

**PEOPLE** Actress Vivica A. Fox has defended her friend Jessica Simpson after Pamela Anderson insulted her on a radio show, according to imdb.com. Anderson branded Simpson a "bitch and a whore" after the actress wore a t-shirt promoting meat.



Vivica A. Fox

But the former Baywatch actress later insisted her comments, made on an Australian radio show, were meant in jest. However, Fox defended Simpson's love of meat in footage posted on celebrity website TMZ.com. She says, "Jessica eats real meat. Pam I love you, but don't go talking about my girl. She is the baddest blonde bitch on the planet."

METRO NEWS SERVICES

# Helms lands lead role in features

**FILM** Ed Helms of The Office fame and Bradley Cooper are headed for a Hangover. They are in final negotiations to star in director Todd Phillips bachelor-party comedy, about three friends who lose the groom at their Vegas fandango two days before the wedding. The third lead role has yet to be cast for the Warner Bros. film.

The project marks Helms' first lead feature role to date. The Daily Show and Office veteran is currently in theaters with the Eddie Murphy bomb Meet Dave.

REUTERS

# A love built on public insults

## IntelleVision



rick.mcginis@metronews.ca

**Splitville:** Jimmy Kimmel and Sarah Silverman have broken up, according to a story on Vanity Fair's celebrity blog, with confirmation from their respective representatives, adding that "Jimmy and Sarah have and will have no further comment."

OK, so it's not like we all didn't think Kimmel was battling well out of his league with Silverman, for whom he left his wife of 14 years almost six years ago, after meeting Silverman at a Hugh Hefner roast at which she said Kimmel was "fat and has no charisma." When you build your love on that kind of feeling, how can you go wrong?

In the end, Kimmel and Silverman have proved that a loving couple can



Comedian Sarah Silverman and TV host Jimmy Kimmel attend an event in North Hollywood in April. The pair have reportedly split.

rip on each other, belittle each other's primary and secondary sexual characteristics, and produce competing videos trumpeting fictional but still unsavoury affairs in the service of a fake celebrity rivalry that go viral internationally and, well, still flame out like a couple of kids breaking up at the end of summer vacation.

**Really big:** Six years ago, reality television was supposed to have reached a zenith with the announcement that 49 new reality shows would be hitting the

air. This year, according to a Washington Post story, 172 new reality shows will debut, 32 alone on regular broadcast networks and a whopping 140 on various cable channels.

"Reality is no longer alternative programming. In fact, it is the cornerstone of modern television, like it or not," said David Lyle, head of Fox reality programming at a Friday session of the summer TV press tour. The Post's TV critic, Lisa de Moraes, makes her feelings clear by adding "or not" at the end of this brief item, and her readers generally

**Kimmel and Silverman proved a loving couple can rip on each other, belittle each other's primary and secondary sexual characteristics ... and still flame out like a couple of kids breaking up at the end of summer vacation.**

respond in kind, bemoaning the dumbing down of America and adding that it's "all dreck, even Public Television for the most part." (Obviously Post readers have never had to suffer through the vast blaring weirdness of Japanese TV programming, or what passes for adult variety shows in Italy or Spain.)

One reader, however, responds with a more far-sighted perspective. "Longing for the great comedy of Three's Company? I Love Lucy? There's plenty of intelligent TV airing ... you just have to be intelligent to find it," writes Dan.

It's fun and even fashionable — still, after all these years — to moan about reality TV as if it's a full-colour digital lobotomy beaming straight into

your living room. While that might be a fair description of dozens of shows, many of which flame out after brief periods as cultural sensations, the fact is that the genre is polymorphous, absorbing the DNA of game shows, sitcoms, variety programs, documentaries, cooking shows and news programming, and has spread like kudzu or zebra mussels mostly to fill the endless empty hours created by new cable channels and failing old school program genres.

And besides, the people making the most appalled attitudes about reality TV are very likely hiding TiVo caches of Tila Tequila and Survivor.

Rick McGinnis writes about music, movies, books and television, but not opera.

## critics' corner

### The Cleaner

No, this isn't about a maid ... or a vigilante. William Banks (Benjamin Bratt), the "Cleaner" of this new drama series' title, is an "extreme interventionist," a recovering addict who now devotes his life to helping other people kick their addictions. His team includes the jovial Darnell (Kevin Michael Richardson), fiercely independent Akani (Grace Park) and quirky Arnie (Esteban Powell). Amy Price-Francis also stars. 11 PM on A&E



### MLB Baseball

The old ballpark in the Bronx has seen its share of great players during its 85-year life, so it's fitting that during its final season Yankee Stadium hosts one last parade of stars. Among them at the 79th Midsummer Classic will be current Yankee faves Derek Jeter and Alex Rodriguez, as well as Boston's Manny Ramirez, Houston's Lance Berkman and Atlanta's Chipper Jones. This is the fourth All-Star Game at Yankee Stadium, following the 1939, '60 and '77 events. 9 PM on FOX, RSE

### Blood Ties

Christina is back in town, and that is really, really bad. Not only is Vicki (Christina Cox) underprepared because Henry (Kyle Schmid) won't tell her anything, she's also a target for the vindictive vampress (Laura Mennell). Christina claims she is being stalked and needs Henry to help her, but Vicki has her doubts and tries to break the woman's emotional hold on Henry in "The Devil You Know." Dylan Neal, Gina Holden and Andrew Francis also star. 10 PM on SPACE

### Tailor Made: The Last Tailor Shop in Chinatown

You go, Wong brothers! It's excellent to see people take pride in their work, and the Wong siblings take a great deal as tailors in the last tailor shop located in Vancouver's Chinatown. They're in their mid-80s, and a couple of young upstarts would love to buy them out. The "problem" is that the Wongs don't want to stop working. This documentary tells their story. 11 PM on NW

	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/15/08	31	31	7	ABC	News (N)	ABC News	Inside	Chronicle	Wipeout (N)	Survived-Game	Primetime	
	7	7	7	ASN	Twice in a Lifetime	Fortune	Jeopardy!	Celebrity Family Feud		America's Got Talent	Without	
	11	11	11	CBC	Coronatin	Just-Gags	Mercer	The Tudors		National	The Hour	
	2	2	2	CBC-F	Providence (SC)	Des sque	Tout	Beautés désespérées		France	Téléjournal	
	32	32	32	CBS	News (N)	CBS News	Insider	Entertain	NCIS (HDTV)	Big Brother 10	Without	
	69	69	69	CFMT	TVA 18h	Sûre-salé	Rénovation	Kmh/ Caméra		La Grande Évasion	TVA 22h	
	6	6	6	CHFF	Entertain	ET	In Plain Sight	Wipeout (N)		Big Brother 10	News (N)	
	9	9	9	CJCH	eTalk	Jeopardy!	Can. Idol	Robson	Criminal Minds	Law & Order: SVU	News (N)	
	10	10	10	ELTV	(6) EastLink	Television			Podium TV	EastLink Television		
	36	36	36	FOX	Simpsons	King-Hill	MLB All-Star		MLB Baseball All-Star Game (HDTV) (Live)			
prime time	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Celebrity Family Feud	America's Got Talent	Law SVU	
	29	29	29	NW	BBC News	Business	News (N)	Mansbridge	The Hour	National	Tailor	
	4	4	4	PBS-B	News-Lehrer	Business	Boston	One One	Nova (DVS)	Wide Angle (N)	Frontline	
	35	35	35	PBS-D	News-Lehrer	Business	BBC News	Life Before Life		Bold	Wide	
	68	68	68	TQS	Simpson	Flash	Madeleine	Le golf	L'Enragé ** (1993, Action)	Robert Duvall	110 p c	
	23	96	96	BNN	Stars	Business News	Market	Workopol	Talk Tax	Squeeze Play	Market	
	18	18	18	CNN	The Situation Room		Lou Dobbs Tonight	CNN Election Center		Larry King Live	Cooper	
	54	54	54	GOLF	The Turn	PGA Tour	Approach	GolfCentr	Caddyshack ** (1980, Comedy)	Chevy Chase.		
	52	52	52	RSE	Prime Time Sports	Connected	Sportsnet	Connected	MLB Baseball All-Star Game (Live)			
	55	55	55	SCOR	Drive This	Game On	Schwab	Schwab	EPL Retro	Football Factories	Update	
news	45	45	45	SPD	Unique Whips	Pass Time	Pinks	Pass Time	Unique Whips	Low Life	SuperCars	Sup Bikes
	53	53	53	TSN	Off-Record	Sports	Billiards	PartyPoker.net	Women's World Open		Sports	
	43	43	43	FAM	Zoe 101	Life Derek	So Raven	Smart Guy	Suite Life	Sadie	Montana	Life Derek
	44	44	44	TOON	6teen	Johnny T	George	Melodies	Loonatics	6teen	Total Dra	Futurama
	26	26	26	TYVE	Fifi	Backyard	Ni Hao	Night Grdn	Wiggles	Franklin	Little Bear	Spider
	27	27	27	TRT	Drake	Genie	Malcolm	Prank Ptri	Fries	Futurama	Prank Ptri	Mystery
	16	16	16	A&E	The First 48		The First 48		The First 48 (N)	The First 48 (N)	Cleaner	
	70	70	70	APTN	First Talk	News	Wilp	La Course	Regards	Presser	Guides	Tears
	50	50	50	BET	106 & Park: BET's Top 10	Live	Hell Date		Trippin' * (1999, Comedy)			Baldwin
	37	37	37	BRVO	Street Legal		Bazart	Videos	R. Hawkins	Bravo	Dick Dale	Rehearsal
sports	60	97	97	CLT	Help TV		The West Wing		Killer Next Door	Psychic	Evidence	Traders
	25	25	25	CMT	Romeo Must Die		Beyond Chance		Beyond Chance	Reba	Hope	Home Imp.
	49	49	49	COM	Laughs	Comics!	Air Farce	22 Min	Laughs	Corner	Simpsons	S. Park
	153	153	153	COURT	Missing Link		The Investigators		The Practice		True Crime	Investi
	38	38	38	DISC	What's That About?		India Unleashed		How-Made	How-Made	Smash Lab	Deadliest
	34	48	48	HGTV	Holmes on Homes		Murder, She Wrote	Property	Dirty Bus	Outside	Colin-Justin	Stagers
	46	46	46	HST	Disasters	Mastmnd	NCIS		UFOs: The Secret History			NCIS
	17	17	17	MM	Punk'd		So You Think You Can Dance			You Can Dance		Instant
	19	19	19	MMM	Profile		mmmtop10.com		Uncovered		Story Of	Hogan
	201	201	201	MTN	(6:15) Turistas		Perfect Stranger (2007, Suspense)				Eastern Promises (2007)	
family	48	23	23	OLN	Don't Forget		Departures		Cycling Tour de France Rest Day -- Pau (N)			
	51	51	51	PEACH	Friends	Seinfeld	Fam. Guy	Fam. Guy	Guess Who ** (2005, Comedy)			Frasier
	206	206	206	PIX	Romeo Must Die		(8:15) Taken * (1998, Suspense)		Lucas *** (1986)			
	67	67	67	RDI	RDI en direct (SC)		Actualité	400 fois	Grande reportages	Le Téléjournal (SC)	Actualité	
	39	39	39	SHOW	Triller	Billable	ReGenesis		Blade Murder	Trailer	Kenny	CSI: NY
	40	40	40	SLICE	Skin Deep	OpenSoon	End Leash	Debt Part	Dead	In Laws	Shear Genius	Plastic
	47	47	47	SPACE	Relic Hunter		Stargate SG-1		Star Trek: Voyager	Blood Ties		Battlestar
	14	14	14	SPIKE	CSI: Crime Scene		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn	CSI
	58	98	98	STAR	eTalk	Treatment	Look Like	Hollywood	TMZ	eTalk	Girls Gone Good	Tonight
	21	21	21	TLC	What Not to Wear		What Not to Wear		Dress	Reception	Must Love Kids (N)	Paige
cable variety	56	34	34	TROP	Tube	Vanity	That News	That News	ET	What	Fam. Guy	Seinfeld
	20	20	20	TVS	Champion	J'nal FR2	Toute une histoire		Nature		Prophétie	Favelas
	28	28	28	W	Mysterious Ways		Murder, She Wrote	Eyes	On the	Quantum Leap	Jozi-H	
	22	22	22	W	Shopping	House	Will-Grace	Friends	Maxed	Style Jury	Kim	Style Jury
	251	251	251	WGN	My Wife	Jim	Two Men	Fam. Guy	Beauty and the Geek	Reaper (HDTV)		News



**Relationships** Singer Kylie Minogue has shot down rumours she's back together with actor Olivier Martinez. "It's only natural that we would see each other. It's about friendship," she said. **THE DAILY MIRROR**

## Celebrity Buzz

# Kidman, Urban reject money for baby photos

**BABY NEWS** Nicole Kidman and Keith Urban have reportedly rejected several multi-million dollar offers to publish the first pictures of their newborn daughter Sunday Rose, [imdb.com](http://imdb.com) reports.

The actress and her singer husband are undecided whether to release a photograph of the infant, but if they do it will be for free, reports Australian newspaper The Sydney Morning Herald.

"They don't think

it's appropriate to make deals," a source tells the publication. "They are still deciding how they feel about (it) — if and when they will release a photo at all. But they realize there is enormous interest from the public and they are grateful and appreciative of that."

Kidman gave birth in Nashville, Tenn., on July 7. She is Kidman's first biological child. She adopted 15-year-old Isabella and Connor, 13, during her marriage to actor Tom Cruise.

**METRO NEWS SERVICES**



GETTY IMAGES PHOTOS

# Campbell refutes being 'bad'

**IMAGE** Naomi Campbell has slammed the media for continually portraying her in a negative way, insisting she isn't a "bad person," [imdb.com](http://imdb.com) reports.

The supermodel was recently fined and sentenced to 200 hours' community service after a scrap with two police officers onboard a British Airways flight at London's Heathrow Airport in April.

The incident was the latest in a long line of incidents involving the 38-year-old. She completed community service in New York last year after she was found guilty of assaulting a staff member.

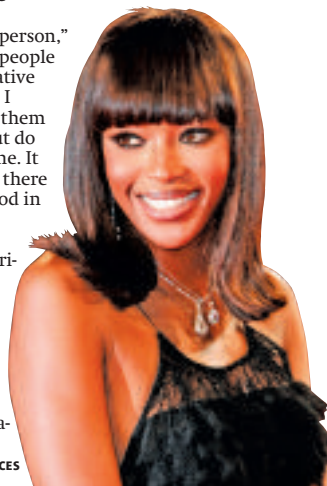
But Campbell is eager for the public to focus on

her more positive qualities.

"I'm not a bad person," she says. "When people say all these negative things about me, I ignore them. Let them be negative — but do that away from me. It hurts but I know there is much more good in the world."

"I'm blessed to be able to do charitable work and good things but no one focuses on that because I don't throw it in people's faces. That's why they focus on the negatives."

**METRO NEWS SERVICES**



## Lopez training for triathlon

**GOAL** Jennifer Lopez is training furiously to be fit enough to take part in a triathlon, just eight months after giving birth to twins, [femalefirst.co.uk](http://femalefirst.co.uk) reports. The singer-actress' husband, Marc Anthony reveals Lopez is on a tough training schedule. But he confesses he is not working up a sweat with Lopez.

**METRO NEWS SERVICES**

## celebrity brief

### Miller fuels talk of affair with married man

**RELATIONSHIP** Sienna Miller has fuelled rumours she is having an affair with married actor Balthazar Getty, after they were photographed together in a topless clinch, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The pair were snapped frolicking on a yacht off Italy's Amalfi coast recently, just days after Getty denied being romantically involved with the actress.

Miller is pictured embracing Getty wearing only skimpy bikini bottoms. "Sienna is

totally besotted with Balthazar," a source tells British newspaper the Daily Mirror. "Their relationship has gone from strength to strength over the past month and Sienna finds him utterly irresistible. Balthazar arranged the trip to one of the most beautiful and exclusive parts of the Mediterranean."

The sunshine break comes less than six weeks after Miller split from Welsh actor Rhys Ifans. Getty, from Los Angeles, is married to Rosetta Millington and the couple has four children.

**METRO NEWS SERVICES**



## Zeta-Jones not a fan of Los Angeles

**PEOPLE** Catherine Zeta-Jones hates Los Angeles, [femalefirst.co.uk](http://femalefirst.co.uk) reports. The 38-year-old actress — who has two children with husband Michael Douglas — has various properties worldwide, but could never live in the U.S. city.

"I hate Los Angeles with a passion. I felt that way even when I was single and knocking on doors trying to get a job," she said. "We go there, work hard, have our meetings and

then get the hell out again. I don't know how people live there, especially with kids."

**METRO NEWS SERVICES**



## celebrity brief



### Spice Girls won't reform: Mel B

**MUSIC** Melanie Brown, a.k.a. Mel B, vows the Spice Girls will "never" reform again, [femalefirst.co.uk](http://femalefirst.co.uk) reports. The 33-year-old singer — who shot to fame with Emma Bunton, Victoria Beckham, Melanie Chisholm and Geri Halliwell as part of the girl group — says despite their recent hugely successful reunion tour, they have no plans to do it again. Despite her vow, she insists she hasn't shed her "Scary Spice" image.

**METRO NEWS SERVICES**

# Monogamy is hard: Johansson

**RELATIONSHIPS** Scarlett Johansson is convinced her relationship with fiancé Ryan Reynolds will last, because they are among the few humans who can be monogamous, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The actress claims remaining faithful to one partner is "hard work" and not natural.

"I don't think it's a natural instinct for human beings," she told the latest issue of Cosmopolitan magazine.

"Monogamy can be hard work for some people. I don't think it applies to everybody, and I don't think a lot of people can

do it."

But Johansson insists she is among those who can resist the temptation to cheat.

"I believe in finding a soul mate. I've always been in monogamous relationships. I would never want to be in an open one. It'd be too awful," she said.

Reynolds and Johansson announced their engagement in May.

**METRO NEWS SERVICES**



## Kilmer admits he's embarrassed about his weight

**PEOPLE** Val Kilmer is struggling to shift all the weight he piled on for his latest film role, [imdb.com](http://imdb.com) reports. The actor bulked up to play a prisoner in the forthcoming release *Felon* — and he confesses the weight isn't dropping off as easily as he'd hoped.

"I just started eating — everyone else was working out and I was ordering the extra Haagen-Dazs," Kilmer says.

And the 48-year-old admits he has been embarrassed by photos of him in magazines looking fat. "You've got to suffer the

private photos of you. You can't go running after the paparazzi, saying, 'But it's for a movie.'"

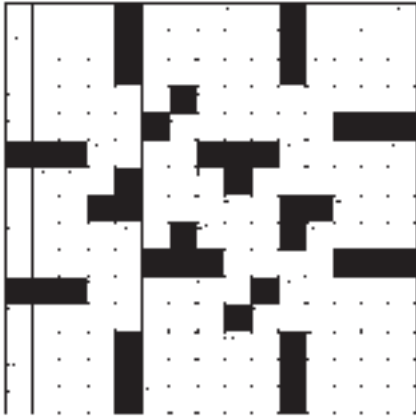
**METRO NEWS SERVICES**



**Monty Python star** John Cleese has sold his U.S. ranch after a year on the market — by cutting its asking price by \$12 million US. The actor finally sold his 14.6 acre property in Santa Barbara, Calif., for \$16.6 million. **IMDb**



## Take Five



### Crossword down

- |                         |                          |                           |
|-------------------------|--------------------------|---------------------------|
| 1 Make jump             | 23 Lhasa —               | 46 Muscle builder         |
| 2 Vacation expense      | 25 Give a ticket         | 49 Giants hero of yore    |
| 3 Get melodramatic      | 27 Puffin cousins        | 51 King and queen         |
| 4 Shows                 | 29 The skinny            | 52 Good-bye               |
| 5 Tot's cry             | 30 Flashy sign           | 53 Sherpa's home          |
| 6 Geological period     | 31 Dinky                 | 55 Enthusiasm             |
| 7 Visual aid            | 32 Dreaded czar          | 56 Feeds the kitty        |
| 8 A bit creepy          | 33 Container for flowers | 57 Wrinkled               |
| 9 River-mouth formation | 34 Write on glass        | 58 Overflow point         |
| 10 Libya's capital      | 36 Hoop site             | 59 Fill the hull          |
| 11 Verdi opus           | 37 Roman Hera            | 60 Lubricates             |
| 12 Ballad writer        | 40 Back of the neck      | 61 Sculpture and painting |
| 13 LGA postings         | 43 Sibyls                | 64 Taiga animal           |
| 21 Utmost degree        | 44 Fez wearer            |                           |

### Crossword across

- |                           |                        |
|---------------------------|------------------------|
| 1 Lose hair               | 41 Enemy               |
| 5 Summoned by beeper      | 42 Cravat cousins      |
| 10 Masking —              | 45 Hightailed it       |
| 14 Tag along              | 46 Big pet             |
| 15 See eye-to-eye         | 47 Kind of jacket      |
| 16 Mob scene              | 48 Like church mice    |
| 17 On the summit          | 50 Esoteric            |
| 18 Oyster treasure        | 54 Livy's togs         |
| 19 Think-tank output      | 58 Shipping ban        |
| 20 Where an image forms   | 61 Bring into harmony  |
| 22 Raindrop sounds        | 62 Banister            |
| 24 Vote in                | 63 Sweeter and juicier |
| 25 El — (inferior)        | 65 This, to Pedro      |
| 26 Bangkok native         | 66 Like gossip         |
| 28 Open-back shoe         | 67 Began a poker hand  |
| 32 "Blue Tail Fly" singer | 68 Tabloid twosome     |
| 35 Versatile vehicle      | 69 Predicament         |
| 37 Sociable type          | 70 Broods silently     |
| 38 Big tub                | 71 Too curious         |
| 39 Actor — Reeves         |                        |

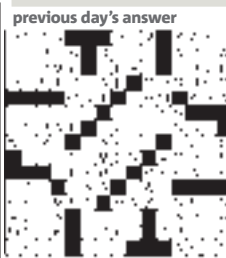


Previous answer

**950,000**  
Metro readers do it daily!

**metro**  
Do it daily.

SOURCE: NADbank 2007, read yesterday;  
BASE: Montreal CMA, Ottawa-Gatineau CMA,  
Toronto CMA, Vancouver CMA



### This day in history

**JULY 15, 1741:** Alexei Chirikov sights land in Southeast Alaska. He sends some men aboard in a longboat, making them the first Europeans to visit Alaska.

**JULY 15, 1815:** Napoléon Bonaparte surrenders from aboard HMS Bellerophon.

**JULY 15, 1870:** Rupert's Land and the North-Western Territory are transferred to Canada from the Hudson's Bay Company, and the province of Manitoba and the Northwest Territories are established from these vast territories.

**JULY 15, 1955:** Eighteen Nobel laureates signed the Mainau Declaration against nuclear weapons, later co-signed by 34 others.

			6	8		2	7
5	4			7	3		9
	2				6		7
	1	5				8	9
	3		8				5
9			7	1		4	3
4	6			2	9		

### Horoscopes

AVATAR VENUS

#### ARIES

**MARCH 21-APRIL 20**

A mouthy man will talk nonsense. An event leads to much gossip. A worker needs time to discuss worries.

#### TAURUS

**APRIL 21-MAY 21**

A despondent man makes a mistake. News from a distance has a comforting effect. Try to do a few things at once.

#### GEMINI

**MAY 22-JUNE 21**

You'll muddle through a minor setback. Someone with realistic opinions appears. A woman suffers a headache in the evening.

#### CANCER

**JUNE 22-JULY 22**

Don't overreact to an animated opponent. Avoid an issue that is hopeless. A serious man's attitude is hiding indifference.

#### LEO

**JULY 23-AUG 23**

Look for a lost lover under somebody else's spell. Don't visit anyone under stressful conditions. Don't explode when the shouting begins.

#### VIRGO

**AUG 24-SEPT 22**

An appointment must be made despite cowardice. Wickedness makes for a bad sleep. A crisis is looming in finances.

#### LIBRA

**SEPT 23-OCT 23**

A cruel vixen wants something from you. Travel plans begin to come together. A snooping person reveals a little secret.

#### SCORPIO

**OCT 24-NOV 22**

An intense lover has a significant message. Frustration with a small man is discussed. Things that defy explanation will happen.

#### SAGITTARIUS

**NOV 23-DEC 21**

Don't let a big shot stamp on your feelings. Be alert to minor gestures. Looking within will flabbergast you.

#### CAPRICORN

**DEC 22-JAN 20**

A hypocrite wins a game of the heart. Greed makes someone resist doing harm. An unstable situation will create action.

#### AQUARIUS

**JAN 21-FEB 18**

Game players are played out. A do-gooder gets involved in a silly issue. Don't do anything at all for the wrong reasons.

#### PISCES

**FEB 19-MAR 20**

Avoid people who will cause heartache. Let yourself be a winner. Depression will lift when a compliment is given.

### Sudoku

#### INSTRUCTIONS:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

#### SOLVE TIME IN MINUTES:

Under 13 ..... Genius  
13-17 ..... Scholar  
17-21 ..... Smart

previous day's answer

3	2	4	8	9	5	1	7	6
8	7	1	3	4	6	9	2	5
6	5	9	2	7	1	4	3	8
9	3	6	1	5	7	2	8	4
7	4	2	9	6	8	3	5	1
1	8	5	4	3	2	6	9	7
2	9	7	6	8	4	5	1	3
5	6	3	7	1	9	8	4	2
4	1	8	5	2	3	7	6	9

21-25 ..... Not bad  
25+ ..... Keep practicing

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Read Metro's *Celebrity Buzz* daily to get the scoop on Hollywood's latest gossip.

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**Halifax weather**

<b>Afternoon</b>  Thunderstorms. 23°	<b>Tonight</b>  Variable. 16°	<b>Wednesday</b>  Showers. 25° / 17°	<b>Thursday</b>  Variable. 26° / 16°	<b>Friday</b>  Partly sunny. 23° / 15°
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**The Weather Network**  
theweathernetwork.com

**Temperature Normals**  
High: 21.9°  
Low: 13.5°

**Records**  
High: 30.3°/1990  
Low: 9.4°/1961

Sunrise: 5:43 a.m.  
Sunset: 8:56 p.m.  
Moonset: 2:44 a.m.  
Moonrise: 7:30 p.m.

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**Fall Winter Spring Golf**

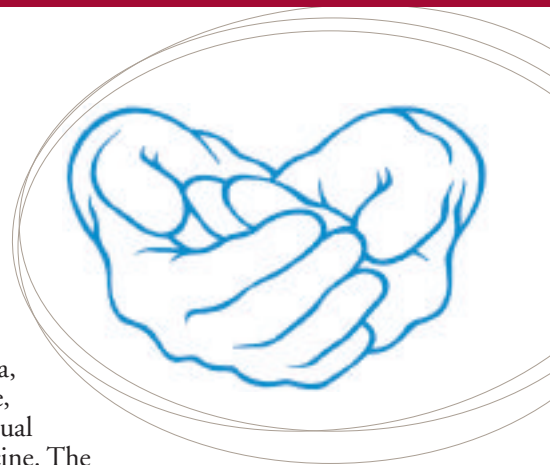
**Get the most out of the season.**

Go to the Golf Report at [theweathernetwork.com](http://theweathernetwork.com)

# Canadian College of Osteopathy C.E.O. (Osteopathic Studies) Inc.

## WHAT IS OSTEOPATHY?

"Osteopathy is a natural medicine which restores function to the organism by treating the causes of pain and imbalance. To achieve this goal, an osteopath uses the quality and fineness of his palpation skills to determine the position, mobility and quality of the tissue." Philippe Druelle, D.O. Osteopathic education emphasizes the transmission of the art of osteopathic palpation from the experienced Osteopath to the student. This palpatory ability, to evaluate and treat the human body at a highly sophisticated manual level, is what distinguishes Osteopathy from all other forms of medicine and therapy.



## OSTEOPATHY IN CANADA

In 1981, Philippe Druelle, D.O. founded the first Osteopathic school in Canada, the Collège d'Études Ostéopathiques de Montréal (CEO) with Jean Guy Sicotte, MD, D.O. The CEO's mission was to unite all the elements of Traditional Manual Osteopathy and regroup the different therapeutic methods of osteopathic medicine. The College achieved this goal and is now considered a leading osteopathic reference both in Canada and abroad. Colleges were subsequently opened in Rohrdorf (Germany) in 1991, Toronto in 1992, Quebec City in 1996, Vancouver in 2001, Halifax and Hertenstein (Switzerland) in 2002.

## WHAT IS AN OSTEOPATH AND WHAT DOES HE/SHE DO?

The Osteopath uses the quality and fineness of his palpation skills to evaluate and treat patients. Articular, visceral, vascular and cranial dysfunctions are detected. The osteopath examines, evaluates and treats the mechanisms of the organism that have suffered as a result of physical or emotional trauma, problems which hinder health. A CEO trained Osteopath is a health professional who has graduated from a 5 year program and has written a research thesis in order to obtain his/her diploma in osteopathy.

## WHO BENEFITS FROM OSTEOPATHIC TREATMENT?

People of all ages can benefit from osteopathic treatment. Patients appreciate this natural medicine, "nothing is added (medication or other remedies) nothing is subtracted (surgery) from the body.

## OUR PROGRAM:

The College has built a leading-edge program. Its cornerstones are:

- TRADITION - PALPATION - RESEARCH - CLINICAL METHODOLOGY

*The College is recognized worldwide as a leader in traditional osteopathic education.*

## FOR MORE INFORMATION ON OUR PROGRAMS CONTACT:

**CEO – (Osteopathic Studies) Inc.**

**Halifax, Montréal, Toronto and Vancouver.**

7400, boul. Saint-Laurent, office #211, Montréal (Québec) H2R 2Y1

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